

UNIMAS to take lead in forest conservation education

By Foong Zi Qing

UNIMAS: Universiti Malaysia Sarawak (UNIMAS) is serious in taking the lead to empower the local communities about the importance of restoring and conserving the tropical forest in Sarawak.

This effort was materialised with a joint effort between UNIMAS, Takasago Thermal Engineering Co., Ltd and Japan-Malaysia Association (JMA) with Forest Department Sarawak in a tree planting ceremony in UNIMAS West Campus, Kota Samarahan on October 6, 2018.

The purpose of the project was to become an exemplary model forest for education purposes, research activities and to create awareness among younger generation on the importance of restoring and conserving tropical forest in Sarawak.

The project also witnessed the establishment of the Takasago-UNIMAS Educational Forest involving 10 hectares of area around the campus in order to create and develop potential environmental education programme among the students in a long run.

Deputy Chief Minister Datuk Amar Haji Awang Tengah Ali Hasan who was present during the tree planting ceremony expressed hope that the project could create and develop potential environmental education programme not only among UNIMAS students but also for the local schools and communities in Sarawak.



PLANTING THE FIRST TREE... Awang Tengah planting the first tree for the Takasago-UNIMAS Educational Forest. *Photo credit: Unimas Official*

"I would like to congratulate all the parties involved in this project for the initiatives and commitments given in ensuring the success of this project that will promote awareness among our society on the importance of sustaining the tropical forests ecosystem in Sarawak, and at the same bridging closer relations between Sarawak, Japan and other countries," Awang Tengah said.

Meanwhile, UNIMAS Vice Chancellor, Prof Datuk Dr Mohamad Kadim Suaidi disclosed that a total number of 25,000 trees from various species

will be planted as part of the environmental education programme by the year 2023.

"All local tree species that will be planted today are listed as "vulnerable" to "endangered" tree species under the International Union for Conservation of Nature (IUCN)," he added.

At the same time, Kadim commended on the support given by the state government in assisting the institution of higher learning to promote education as one of the drivers towards sustaining the forest resources.

"Managing Sarawak's vast forest resources can be a challenging task but the supportive commitment shown by the state government can definitely make the task easier," Kadim said.

A few activities were organised in conjunction with the establishment of educational forest including tree planting program, Go Green Program, field practical exercise by second and third year students from the Plant Resource Science Program, collecting of tree seedlings from UNIMAS arboretum and visiting reforestation project sites by JMA and establishment of Educational Tree Nursery for education and research purpose.

Takasago Thermal Engineering Co., Ltd is one of the leading engineering companies in Japan that has made the effort to financially support this event while JMA has been conducting various reforestation programmes with the Forest Department Sarawak actively since the year 1995.

The annual tree planting programme involved participation of international representatives from Japan, Indonesia, Singapore and Vietnam, as well as the staffs from representatives' local schools, communities and authorities and UNIMAS students.

"All local tree species that will be planted today are listed as "vulnerable" to "endangered" tree species under the International Union for Conservation of Nature (IUCN)"

- Prof Datuk Dr Mohamad Kadim Suaidi



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New edition to UNIMAS

By Seow Jia Leng

UNIMAS: The Faculty of Built Environment (FBE) which is the newest faculty in Universiti Malaysia Sarawak (UNIMAS) was officially launched by Chairman Board of Directors of UNIMAS, Tan Sri Datuk Seri Panglima Sulong Matjeraie, on September 22, 2018.

Operating from a temporary office at the West Campus, FBE will move to its own building at the East Campus once the renovation work is completed.

Currently, FBE is offering two programs namely Architecture Part I (3 Years) and Quantity Surveying (4 Years) and in the planning to offer three new programs in the future.

Previously Architecture Program was parked under Faculty of Engineering (FE).

For 2018/2019 intake, 27 students have registered for Bachelor of Science Architecture (Hons) and 10 students studies for Bachelor of Quantity Surveying (Hons).



NEW FACULTY... Zaharaa'a Hadzli (left) and Nuraishah Abdul Karim (right) are the administration staffs in Faculty of Built Environment (FBE).

"Quantity Surveying program is new and it did not appear in the UPU System, therefore there are less student intake for this year," said assistant administrative officer, Nuraishah Abdul Karim.

Currently, all lectures for FBE were conducted at FE.

The mission of FBE is to generate, disseminate and apply knowledge strategically

and innovatively to enhance the quality of the nation's Built Environment practice, culture and heritage, and the prosperity of its people.

Apart from that, FBE's vision is to be an internationally acknowledged leader of education for professional excellence in Built Environment practice, culture and heritage.

FBE is offering two programs namely Architecture Part I (3 years) and Quantity Surveying (4 years) and in the planning to offer three new programs in the future.



NEW LOOK... The FBE is currently operating from the newly completed building - the Cube which hosted the lecturers' room and administrative office of FBE.

UNIMAS Cleanliness Day

A clean place is a safe place



BRIEFING... Naim Kamarulzaman (left) briefs the residence from Kenanga College on the covering areas for clean up.

By Mohamad Fikri Mohamad Pauzi

UNIMAS: Kolej Kenanga took part in UNIMAS Cleanliness

Day held on 23rd September 2018.

According to a felo of Kolej Kenanga, Naim Kamarulzaman, the objective of the program was

to ensure the cleanliness of the campus surroundings including the students' accommodation

Kolej Seroja was also invited to participate in the event.

The event started off with a short briefing by Naim on the area covered for the clean up and the cleaning activity began from the cafe, surau and around the students' hostel.

Students were divided into groups and were assigned to clean at certain areas.

Old and broken furniture were collected and then discarded.

The event ended at 11.30am and Naim thanked everyone for their cooperation and time to participate in the cleaning up activity.

PKU organises heart awareness campaign

By Muhd Auza'ie Azmi

UNIMAS: Our heart is one of the most vital organ in our body apart from the brain, kidneys, liver and lungs.

Recognising the significance of creating awareness on the importance of our heart, Pusat Kesihatan Unimas (PKU) has organised heart awareness activities following the World Heart Day recently.

The event was kicked start at 4.30pm with the 10 Thousand Steps activity that attracted about 40 people who joined and showed their support for the programme.

Apart from that, photo exhibition was also set up to show the importance of our heart and how to take care of it.

"Alhamdulillah, today's event received encouraging responses from the students. Even though it was just a small event, I hope there will be more supports in the future," said Zafri Sakawi, a PKU staff.

Rierik Mohd Nor, a medical assistant with PKU said our heart is a vital organ in our body and if our heart fails, then everything in our body fails.

"Youth nowadays are too busy with their work and sometimes they forget to take care of their health. They paid little attention to their health and tend to take instant and junk foods without realising the effect it has to their health," he added.

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SGS kongsi tips peluang pekerjaan dengan pelajar FEP

Oleh Foong Zi Qing

UNIMAS: Pelajar-pelajar Fakulti Ekonomi dan Perniagaan diberi pendedahan mengenai peluang pekerjaan oleh pihak industri dalam satu majlis perkongsian ilmu bersama kakitangan dari syarikat SGS bertempat di Teater Multimedia pada 27 September 2018.

SGS merupakan syarikat yang terlibat dalam aktiviti pemeriksaan, pengesahan, ujian dan pensijilan yang terkemuka di dunia.

Turut hadir dalam majlis tersebut ialah Timbalan Dekan Hal Ehwal Pelajar dan Alumni, Dr Norazirah Ayob, Pengurus Operasi Makmal SGS, Tan Kay Soon, Eksekutif Kanan Operasi Makmal, Ellyza Syazzana Zainuddin dan Penolong Pegawai Pemasaran dan Sumber Manusia, Nurul Farahah.

Menurut Ellyza, SGS terlibat dalam beberapa sektor industri termasuklah pertanian, makanan, perkhidmatan, min-



PERKONGSIAN ILMU DENGAN SGS... Timbalan Dekan Hal Ehwal Pelajar dan Alumni, Dr Norazirah Ayob (kanan) bergambar dengan pihak SGS dan para pelajar selepas sesi perkongsian ilmu.

eral, minyak, gas, bahan kimia, alam sekitar, kesihatan dan keselamatan, pengangkutan, pensijilan, perkhidmatan untuk sektor kerajaan, swasta perindustrian dan juga pengguna.

Tan berkongsi rahsia disebabkan kejayaan dalam kerjayanya adalah dengan bekerja keras, bi-

jak mengatur langkah dan menyusun strategi.

"Anda semua perlu bekerja keras dan harus bijak mengendalikan apa jua halangan yang dihadapi, kerana saya percaya kerja keras serta usaha yang telah dilakukan menjanjikan kejayaan pada masa depan," tambah Tan.

Sementara itu, Nurul turut memberikan tip kepada pelajar supaya meletakkan informasi paling penting pada halaman depan resume semasa sesi temu-duga kerana penemuduga tidak mempunyai banyak masa untuk membaca semua maklumat dalam resume yang disediakan.

"Dalam masa yang sama, anda perlu professional semasa menghantar e-mel dengan menggunakan alamat email yang rasmi dan tidak menggunakan nama samaran pada email anda," tambahnya lagi.

Pelajar turut diingatkan agar membiasakan diri dengan bekerja dalam satu kumpulan dan jangan sombong.

Pengarah Program Heng Xiao Yi mengharapkan melalui sesi perkongsian ilmu dengan pihak industri dapat memberi pendedahan kepada pelajar untuk memahami secara terperinci bagaimana menyesuaikan dan menyediakan diri sebelum melangkah ke alam pekerjaan.

Hari keluarga Program Komunikasi

Oleh Elisheba Joy Mahendran

UNIMAS: Pelajar Tahun Dua dan Tahun Tiga Program Komunikasi Fakulti Sains Sosial dan Kemanusiaan (FSSK) telah menganjurkan Hari Keluarga Program Komunikasi pada 29 September 2018 bertempat di lobi FSSK.

Pengarah program Mohammad Nazirul Haziq mengucapkan jutaan terima kasih kepada pelajar Tahun Dua yang sudi hadir untuk memeriahkan program hari keluarga.

Pensyarah penasihat Hari Keluarga Program Komunikasi Hajah Siti Haslina Hussin berkata program ini diadakan untuk mengeratkan hubungan silaturrahim antara pelajar Tahun Dua dan Tahun Tiga.

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MADAH SAMARAHAN ialah akhbar makmal pelajar Program Kajian Komunikasi, Fakulti Sains Sosial (FSS). Akhbar ini merupakan hasil projek pelajar Tahun 2 semester 1 bertujuan untuk Kursus SSK 2034, Penulisan Berita.

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Oktober/ November 2018

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The future of journalism

By Foong Zi Qing

Newspapers industries have been dying in slow motion for the past two decades. People are no longer reading the printed newspaper and have shifted to online news portal as it is more convenient to do so.

With the drop in newspaper sales, newsrooms that previously buzzing with activity have been downsize, and as a result, almost completely muted. Perhaps, even more vexing, some of our local newspapers are being sold off by their proprietors or being shut down. For example, Sarawak Evening Times was sold off to International Times; Chong Hua Daily and Miri daily has combined to become one that is currently known as Eunit-ed; Malaysia Daily is no longer exists in Borneo and has been replaced by Sin Chew Daily.

Printed words has better popularity back then but it seems that for the current era, majority prefers online source of information rather than printed newspapers. This is because online news portals are more convenient and easy to access. With the help of social media, it brings convenience and even encourages people to go for online newspaper. Even Malaysian newspapers are facing problems such as decreasing readership and subscription, falling numbers of advertisements, laying off of reporters and employees due to shortage of income from selling of newspapers and advertisement space.

Even though newspaper are no longer getting the popularity they deserved, there is still a need to study the production of new and newspaper. As communication student, one of our program courses is to publish campus newspaper, Madah Samarahan. Resuming the role as Chief Editor of Madah Samarahan for three month, I have gain countless valuable skills. Pub-

lishing a newspaper is never an easy task, it requires team work. Hard work of ever member is needed. Just like a puzzle, every piece is essential. Furthermore, prioritising during decision making is vital too. As a university student, we do not only have assignments and examinations, we have events and activities going on at the same time. Therefore, if one fails to prioritise their choice accordingly, he/she will then have a difficult time in settling their work before deadline. Commitments from every group members were also required because no man can succeed alone. Even a solopreneurs of business has to rely on audience to build a complete product. Therefore, one has to give out their full and be responsible as they take up the work.

As the Madah Samarahan's editor, I think that even though the era of newspaper is not as good as before, but what matters is that we get to learn news writing skills. Journalism is not dying, it is changing. Reporters are not decreasing; they are in fact moving to a different platform to publish their work. One of the challenges that I faced along my journey of accomplishing this task is the writing skills of each member. Journalism requires different style of writing. The challenge is how to make the readers understand the information in the most simpler way. And there is also journalism ethics that one needs to observe. Without ethics of journalism, one can get herself/himself into trouble writing inaccurate news.

I did wonder, if printed newspaper is dying out, why should we still insists on learning news writing or even to further our path towards journalism. This is when our course lecturer, Malia Taibi encourages us to not give up on writing.

"No matter how newspaper industry is going down slope, yet your writing skill matters. With

good writing skills, one can excel in many chosen professions. You can apply good writing skill not necessarily in the newsroom but in which ever organisation that you choose to work with in the future," she said which then inspire and enlighten me.

Technologies are replacing printed media. Hence, the road of journalism never dies, but changes in ominous ways. Thus, if you are passionate about writing, I urge you not to give up!

Signing off, the chief editor of MSA.

EDITOR'S NOTE



"No matter how newspaper industry is going down slope, yet your writing skill matters. With good writing skills, one can excel in many chosen professions. You can apply good writing skill not necessarily in the newsroom but in which ever organisation that you choose to work with in the future,"
- Malia Taibi

IRLS organises blood donation campaign

By Nor Zuratul Ain

UNIMAS: The Industrial Relation and Labour Studies (IRLS) students from the Faculty of Social Sciences and Humanities (FSSH) organised a Blood Donation Campaign on October 13, 2018.

Themed 'Be someone's Hero', the blood donation drive was organised in a collaboration with the Sarawak General Hospital Blood Bank.

According to the program director Puteri Nur Aiman Zulkifli, three week before the blood donation campaign was held, IRLS committee prepared a Google form for the donors to fill in before the day of the campaign.

The blood drive which began at 8 o'clock in the morning received an overwhelming response from students and UNIMAS staff as well.

More than 100 people came to donate their blood and received a certificate for their kind gesture.

Prior to the campaign, Dr. Mohammad Izzad Ishak gave a talk regarding the preparation and to promote Blood Donation Campaign day on the 3rd October 2018 at Bilik Multimedia 1, Faculty Social Sciences and Humanities.

Puteri Nur Aiman said the objective of this talk was to create awareness on the importance of donating blood.

IRLS also collaborated with the Sarawak Government Dental Employee's Union (SGDEU) to provide free dental check-up. Registered participants received a free Sensodyne toothpaste as a token of appreciation.

"I'm glad this program went smoothly and receive overwhelming response from participants," said Puteri Nur Aiman.

Themed 'Be someone's Hero', the blood donation drive was organised in a collaboration with the Sarawak general Hospital Blood Bank.

TAZ mempromosikan CACTAZ



SECEBIS MEMORI... Unit Akustik TAZ diketuai Muhammad Iqbal Mohd Idris (dua dari kiri) bergambar sebagai kenang-kenangan setelah selesai melakukan persembahan untuk mempromosi CACTAZ

Oleh Eva Elayna

UNIMAS: Exco Kesenian Kebudayaan dan Kesarjanaan ber-

sama-sama dengan Exco Keselamatan, Disiplin dan Protokol Jawatankuasa Perwakilan Kolej Tun Ahmad Zaidi (TAZ) telah berjaya menganjurkan TAZ Showcase pada 22 September 2018.

Menurut pengarah program, Hindseline Moisol, tujuan utama acara tersebut diadakan adalah untuk mempromosikan, *Cultural and Arts Club Tun Ahmad Zaidi (CACTAZ)* kepada para penghuni TAZ terutamanya kepada pelajar Tahun Satu.

Semua unit yang berada di bawah CACTAZ telah membuat persembahan untuk menarik minat para penghuni agar segera mendaftarkan diri semasa acara berlangsung.

Unit Akustik yang dipimpin oleh Muhammad Iqbal Mohd Id-



KEPUASAAN... Jelas terpancar kepuasan warga TAZ melalui gerak tari yang dipersembahkan setelah majlis tamat.

ris adalah unit paling menyerlah kerana telah banyak meraih kejayaan dan merupakan kebanggaan TAZ.

Antara kejayaan yang telah diraih oleh Unit Akustik TAZ termasuklah muncul juara dalam *Bunga Raya College (BRC) Week 2018*, Karnival Gegar TAZ 2018 serta Festival Kesenian Inter Kolej (FKIK) 2018.

Sebelum berlangsungnya *TAZ Showcase*, pihak penganjur program juga turut mengadakan barbeku untuk 150 peserta terawal. Aktiviti ini diketuai oleh ketua Exco Keselamatan, Disiplin dan Protokol TAZ, Chua Ser Chien.

"Selain untuk menikmati persembahan, saya menghadirkan diri pada malam ini untuk

mendapatkan barbeku percuma," akui salah seorang penghuni TAZ, Godfrey Noel Sebang, pelajar Tahun Satu, Kajian Hubungan Industri dan Perburuhan, Fakulti Sains Sosial dan Kemanusiaan.

Persembahan malam itu turut disaksikan oleh pengetua Kolej TAZ, Dr. Saiful Bahri Talip dan juga felo siswa serta felo siswi.

Kolej Bunga Raya anjur Hari Kesedaran Kesihatan Mental 2018

Oleh Evanes Ngadan

UNIMAS: Kolej Bunga Raya (KBR) telah menganjurkan Hari Kesedaran Kesihatan Mental pada 23 September 2018 dan 26 September 2018.

Hari Kesedaran Kesihatan Mental yang berlangsung selama dua hari ini telah diadakan di dua lokasi yang berbeza iaitu di dataran KBR dan di bilik softskill KBR.

Program ini dianjurkan oleh Exco Sahsiah Jawatankuasa Perwakilan Kolej Bunga Raya 2017/2018 terbuka kepada warga KBR dan juga penghuni kolej yang lain.

Menurut Pengarah Program, Yao Victoria, objektif program ini dianjurkan untuk memberi kesedaran tentang kesihatan mental kepada para pelajar UNIMAS terutama sekali kepada warga KBR.



TERSENYUM PUAS... Dr Rizal Abu Bakar (barisan tengah) tersenyum puas bersama ahli kadet SISPA setelah selesai memberi ceramah mengenai kesihatan mental.

Pelbagai aktiviti menarik turut dijalankan sepanjang dua hari tersebut termasuklah *Mental*

Health Explorace, *Zumbathon*, *Mental Health Talk* dan *Mental Health Exhibition*.

Seawal jam 9 pagi aktiviti *Mental Health Explorace* dan *Mental Health Exhibition* telah

berlangsung di dataran KBR. Manakala *Zumbathon* telah diadakan sebelah petang pada hari yang sama.

Pensyarah dari Fakulti Sains Kognitif dan Pembangunan Manusia (FSKPM) Dr. Rizal Abu Bakar turut dijemput untuk memberi ceramah kesedaran kesihatan mental pada hari ke dua program dijalankan.

Melalui program ini, para pelajar mengetahui tentang tahap kesihatan mental mereka dan mengetahui cara untuk menangani masalah-masalah yang berkaitan dengan kesihatan mental.

Objektif program ini dianjurkan untuk memberi kesedaran tentang kesihatan mental kepada para pelajar UNIMAS terutama sekali kepada warga KBR.

Kolej Allamanda anjur aktiviti gaya hidup sihat



GEMBIRA... Kegembiraan peserta menyertai sesi senamrobik jelas kelihatan melalui wajah ceria para peserta.

Oleh Nor Zuratul Ain Ridzuan

UNIMAS: Exco Sukan dan Rekreasi Kolej Allamanda menganjurkan program *Good Morn-*

ing Allamanda pada bulan September yang lalu.

Program yang menjadi satu tradisi di Kolej Allamanda diadakan pada hari Sabtu setiap minggu.

Melalui program ini, pen-

ghuni Kolej Allamanda dapat mengisi masa lapang di hujung minggu dengan mengamalkan gaya hidup yang sihat.

Sekretariat Exco Sukan dan Rekreasi Kolej Allamanda, Muhammad Adi Azizan Sami'un dari Fakulti Sains dan Teknologi Sumber (FSTS) berkata penghuni Kolej Allamanda memberi kerjasama yang baik dengan menyertai program ini setiap kali ia diadakan.

"Jadual harian yang padat, menyebabkan tiada masa untuk kita bersenam ataupun bersukan. Dengan adanya program ini pelajar-pelajar dapat menyeimbangkan di antara pelajaran dan

kesihatan," ujarnya.

"Program ini juga merupakan program terbuka, pelajar dari kolej lain serta pelajar yang tinggal diluar kampus juga boleh menyertai," tambah Muhammad Adi lagi.

Aktiviti yang diadakan dalam program ini adalah senamrobik dan jogging sekitar tasik di kampus barat.

"Di samping mengamalkan gaya hidup sihat, saya juga dapat membuat kenalan baru bersama pelajar lain dan Ahli Jawatan Kuasa (AJK) Exco Sukan dan Rekreasi Kolej Allamanda" kata Muhammad Nor Syahizi Haikal, pelajar Tahun Satu dari FSTS.

Seorang lagi penghuni Kolej Allamanda Nasrine Akau, pelajar Tahun Dua, dari FSTS telah menyertai program ini sejak dari Tahun Satu.

"Saya dapat menghilangkan tekanan daripada tugas dan kerja yang banyak dengan menyertai program ini kerana dalam masa yang sama saya dapat mengamalkan gaya hidup sihat," katanya.

Good Morning Allamanda merupakan antara aktiviti yang dijalankan setiap minggu untuk pemberian merit. Merit diberikan kepada pelajar-pelajar dari kolej lain mahupun yang tinggal diluar kampus.

Isu pembuangan sampah di tebing Sungai Sarawak

Oleh Florennest Apong

Pembuangan sampah merata-rata oleh masyarakat setempat setelah selesai menghadiri sesuatu acara rasmi di tempat awam semakin hangat diperkatakan. Di Kuching, gejala ini turut berlaku selepas perasmian Musical Fountain bersempena sambutan hari lahir ke-82 Tuan Yang Terutama Di Pertua Negeri Sarawak yang berlangsung baru-baru ini.

Isu ini diperkatakan oleh masyarakat kita sendiri apabila banyak sampah yang dibuang selepas tamatnya pelancaran Musical Fountain 2018. Isu ini bukan isu baharu kerana sebelum ini perkara yang sama turut berlaku selepas selesai majlis perasmian Jambatan Darul Hana.

Ketua Menteri Datuk Patinggi Abang Johari Tun Openg turut memandang serius perkara ini. Berdasarkan laporan portal berita Sarawak Voice, Abang Johari menggesa agar rakyat Sarawak menjadikan rakyat Jepun sebagai contoh terbaik kerana mereka mempunyai disiplin yang tinggi dengan tidak membuang sampah sesuka hati. Rakyat Jepun telah membuktikan jati diri yang tinggi semasa pertandingan piala dunia di Russia apabila mereka membawa plastik hitam dan mengutip sampah sarap di setiap lorong tempat duduk mereka sebelum mereka meninggalkan stadium.

Rentetan daripada isu pembuangan sampah selepas pelancaran Musical Fountain, pelbagai pandangan, cadangan, seruan telah disarankan, baik di media cetak mahupun media sosial. Salah seorang pekerja pembersihan yang enggan dikenali namanya mengatakan bahawa setiap perasmian dan majlis besar-besaran diadakan pasti sampah akan dibuang di tebing-tebing sungai Sarawak.

"Jika ingin melihat sendiri

"Pembuangan sampah merata-rata juga akan menjejaskan pandangan orang luar terhadap imej negeri kita terutama sekali pelancong asing." -Melissa Omar

keadaan tebing sungai Sarawak yang dipenuhi dengan sampah anda boleh pergi pada waktu petang," tambahnya lagi.

Pegawai dari pejabat pengurusan Kuching Waterfront Melissa Omar berkata isu pembuangan sampah adalah realiti dalam kehidupan masyarakat dan perlu ditangani dengan bijak. Bertugas di pejabat pengurusan Kuching Waterfront, Melissa memberitahu longgokan sampah di sekitar tebing sungai Sarawak boleh dilihat pada awal pagi dan sebelah petang sebelum pekerja pembersihan melakukan tugas mereka.

"Keadaan ini berlaku kerana masyarakat suka membuang sampah merata-rata dan mereka mempunyai mentaliti bahawa ada pekerja yang akan membersihkan sampah yang mereka buang," tambahnya.

Melissa berkata tabiat membuang sampah merata-rata boleh menjejaskan pemandangan dan mata yang melihat keadaan tebing sungai yang dipenuhi sampah.

"Pembuangan sampah merata-rata juga akan menjejaskan pandangan orang luar terhadap imej negeri kita terutama sekali pelancong asing. Ini kerana mereka akan mempunyai persepsi bahawa rakyat negeri Sarawak tidak bertanggungjawab untuk menjaga kebersihan persekitaran," ujarinya lagi.

Pelancong dari Australia, Bron, 39 yang enggan memaklumkan nama penuhnya berkata pertama kali sampai ke Sarawak

dia berasa terkejut melihat Sarawak sebagai negeri yang besar dan moden. Tetapi apabila melihat keadaan sampah yang banyak dia berasa sedih. Bron seperti tidak percaya dengan realiti bahawa sikap masyarakat yang suka membuang sampah sesuka hati memandangkan dia percaya bahawa Malaysia merupakan tempat yang bersih dan mengamalkan amalan kitar semula.

Cellistina Imbor, pelajar dari Sabah juga berpendapat bahawa rakyat Sarawak haruslah mempunyai rasa bertanggungjawab untuk menjaga kebersihan bandaraya Kuching dengan membuang sampah ke dalam tong sampah yang telah disediakan.

"Tanggungjawab perlulah ada dalam diri masyarakat untuk prihatin menjaga persekitaran," katanya.

Cellistina yang turut serta di tebingan sungai Sarawak untuk menyaksikan pelancaran Musical Fountain, berkata dia membuat pemerhatian terhadap sikap masyarakat yang sengaja membuang sisa makanan kerana enggan mencari tong sampah yang berdekatan dengan alasan jalan terlalu sesak dipenuhi orang ramai.

"Bagi saya, itu bukan alasan yang kukuh untuk kita membuang sampah sesuka hati kerana kita boleh memegang sampah itu dulu dan membuang sekiranya terjumpa tong sampah," tambahnya lagi.

Desiree Limas Saidi yang turut menghadiri pelancaran Musical Fountain berkata pembuangan sampah bukan sahaja dilakukan oleh golongan muda malahan orang tua juga turut sama berbuat demikian.

"Orang tua seharusnya menjadi contoh teladan kepada orang yang lebih muda iaitu dengan membuang sampah ke dalam tong sampah. Tetapi sebaliknya orang tua juga melakukan perkara yang tidak bertanggungjawab ini," ujarinya dengan nada sedih.

Walaupun ada pekerja yang bertugas membersihkan kawasan persekitaran tebingan Kuching tetapi menjadi tanggungjawab kita untuk membuang bekas makanan dan minuman yang telah kita gunakan ke dalam tong sampah yang disediakan.



KECEWA... Pegawai pengurusan pejabat Kuching, Melissa Omar menyatakan perasaan kecewa kerana masyarakat masih mempunyai tahap kesedaran yang rendah mengenai isu pembuangan sampah.

kan. Tabiat cintakan kebersihan sepatutnya sentiasa disemai dalam kalangan masyarakat agar bandaraya Kuching akan sentiasa diingati sebagai bandaraya yang cantik dan juga bersih.

Ini menjadi tanggungjawab bersama setiap lapisan

masyarakat untuk menjaga kawasan tebingan Kuching agar ia berterusan menjadi kawasan tarikan pelancong, khasnya untuk melihat keindahan Jambatan Darul Hana dan juga menyaksikan pertunjukan Musical Fountain.



DI LUAR JANGKAAN... Pelancong Australia dalam temuramah menyatakan perasaan sedih melihat tebingan sungai Sarawak yang dipenuhi dengan longgokan sampah sarap.



KURANG KESEDARAN...Sisa sampah sarap yang ditinggalkan selepas pelancaran Musical Fountain di sekitar tebingan Kuching memberi gambaran negatif terhadap tahap kebersihan di bandaraya Kuching yang merupakan salah satu tarikan pelancong dari dalam dan luar negara.

"Keadaan ini berlaku kerana masyarakat suka membuang sampah merata-rata dan mereka mempunyai mentaliti bahawa ada pekerja yang akan membersihkan sampah yang mereka buang."

W2F Inspiration Night meriah



KENANGAN TERINDAH... Peserta W2F mengambil gambar dengan Dekan FEP, Profesor Madya Michael Tinggi selepas tamat majlis.

Oleh Mercy Avie

UNIMAS: Kemeriahan dapat dirasai dalam Dewan Kuliah di CTF 2 dengan sorakan semangat daripada pelajar Tahun Satu, Fakulti Ekonomi dan Perniagaan, (FEP) bersempena dengan *Program Weekend with FEB - Inspiration Night*, yang diadakan pada 6 Oktober 2018.

Program yang disertai sera-

mai 500 orang pelajar ini dianjurkan setiap tahun oleh Persatuan Mahasiswa Fakulti Ekonomi dan Perniagaan (PERFEP) untuk mengalu-alukan kedatangan pelajar baharu ke fakulti tersebut.

Pada malam *Inspiration Night*, para peserta bersemangat ketika menyaksikan persembahan hebat dari setiap kumpulan dengan memberikan sorakan yang cukup gemuruh.

Paling menarik sekali, setiap

kumpulan diberi nama berdasarkan jenama barangan terkenal seperti *Coca Cola*, *Loreal Paris* dan *Amazon* yang dipaparkan melalui bendera kumpulan masing-masing.

Presiden W2F, Arvind Kalimuthu, meluahkan rasa syukur dan gembira kerana program tersebut dapat berjalan dengan jayanya seperti yang dirancang.

"Walaupun kekurangan tenaga kerja dan agak sukar untuk

kami berhubung dengan pelajar baharu, saya berasa gembira kerana mendapat kerjasama yang baik daripada semua pihak," katanya.

Selain *Inspiration Night*, terdapat pelbagai aktiviti menarik yang lain sepanjang program W2F termasuklah *Induction Night*, sesi suai kenal bersama HEPA FEB dan kelab-kelab di UNIMAS, sukaneka, dan acara pencarian harta karun.

Majlis perasmian Minggu Kejuruteraan 2018



KENANG-KENANGAN... Para pelajar SK Semerah Padi mengambil gambar bersama Dekan Fakulti Kejuruteraan, Dr Siti Noor Linda Taib (tengah duduk), para pensyarah dan penaja serta AJK IEM - SAFE UNIMAS. Kredit gambar: Royce Thompson.

Oleh Nurfarahin Yep

UNIMAS: Seramai 140 orang menghadiri majlis perasmian *Engineering Week 2018* yang dianjurkan bersama oleh *The Institution of Engineers, Malaysia* dan *Student Association Faculty of Engineering, University Malaysia Sarawak (EIM-SAFE UNIMAS)* di Dewan Serbaguna, Pavilion UNIMAS pada 16 Oktober 2018.

Turut dijemput ke majlis tersebut adalah 35 orang murid dan 10 orang guru pengiring dari Sekolah Kebangsaan Semerah Padi yang merupakan salah satu sekolah angkat IEM-SAFE UNIMAS.

Majlis dirasmikan oleh Timbalan Naib Canselor Hal Ehwal Pelajar dan Alumni UNIMAS, Profesor Datu Mohd Fadzil Abd

Rahman dan turut hadir adalah Dekan FK, Profesor Madya Ir Dr Siti Noor Linda Taib, barisan para pensyarah serta pihak penaja.

Profesor Datu Mohd Fadzil dalam ucapannya berkata, program ini merupakan satu platform terbaik untuk pelajar FK melatih diri dengan menganjurkan program ini setiap tahun.

Engineering Week 2018 merupakan acara tahunan dan program terbesar di FK yang bertemakan *'The Age of Innovative Breakthrough.'*

Dr Siti Noor Linda turut berkata minggu kejuruteraan ini merupakan program untuk memberi pendedahan kepada masyarakat umum mengenai kerjaya sebagai seorang jurutera.

"Pada minggu kejuruteraan,

sesi penerangan selalunya diadakan bagi memastikan pelajar jelas tentang fungsi jurutera terutamanya pelajar FK. Dalam masa yang sama, penerangan tentang konsep berilmu dan beramal juga dijelaskan agar ia dapat diterapkan dalam diri pelajar," katanya.

Dr Linda menjelaskan aktiviti-aktiviti seperti ini dapat memajukan diri pelajar untuk membina keyakinan dalam menguruskan projek secara berkumpulan serta memberi peluang kepada pelajar untuk memantapkan kemahiran berkomunikasi.

Pengarah program Ghazali Ishak berkata pelbagai aktiviti yang menarik serta mencabar minda dijalankan bermula dari 13 Oktober hingga 4 November 2018.

"Program-program tersebut

dapat membuka minda pelajar mengenai teknologi-teknologi terkini yang tinggi dan semakin berkembang," ujarnya.

"Bukan itu sahaja, program tersebut juga dapat mengasah pemikiran pelajar untuk berfikir secara kreatif dan kritis serta dapat melahirkan pelajar kejuruteraan yang berkemahiran dalam penciptaan dan inovasi," tambahnya lagi.

IEM-SAFE telah berkolaborasi dengan *'Faculty of Engineering Association of Chemical Engineering (FACES)'* menganjurkan beberapa aktiviti yang menarik bersama pelajar di makmal FK.

Melalui program ini, para pelajar SK Semerah Padi mendapat pendedahan ilmu pengetahuan serta pengalaman baru mengenai kehidupan di universiti.

Kenali diri melalui seni terapi

Oleh Cellistina Imbor

UNIMAS: Bertemakan *Siapa Saya?*, Fakulti Sains Kognitif Pembangunan Manusia (FSKPM) menganjurkan program kenali diri melalui seni terapi bersama Merikan Aren pada 10 Oktober 2018 bersempena dengan Program Bulan Kaunseling dan Psikologi UNIMAS 2018.

Merikan Aren merupakan seorang pengamal dan pakar dalam seni terapi.

Program ini merupakan program anjuran bersama Kelab Peramah Neurosains Psikologi UNIMAS dan Kelab Pembangunan Sumber Manusia (HRD).

Menurut pengarah program Adrian Albert, persepsi orang ramai terhadap kaunseling yang menganggap ianya hanya untuk orang yang bermasalah merupakan salah satu cabaran yang besar untuk menjayakan program ini.

Program yang dianjurkan secara percuma dihadiri oleh seramai 20 peserta dalam kalangan staf sokongan dan jua pensyarah.

Adrian berharap agar segala aktiviti yang diadakan sepanjang bulan Kaunseling dan Psikologi UNIMAS mampu memberi kesan positif kepada pihak yang mengikuti program yang telah diadakan.

Program ini merupakan satu platform terbaik untuk pelajar FK melatih diri dengan menganjurkan program ini setiap tahun.
-Datu Mohd Fadzil

Sharing her love for journalism



PASSIONATE... Nancy Nais, a passionate journalist. Photo by Nancy Nais.

By Seow Jia Leng

Seasoned journalist, Nancy Nais from the Dayak Daily recently shared her experience and expertise in journalism with Communication Program students of the Faculty of Social Sciences and Humanities (FSSH) in Bengkel Madah Samarahan Workshop program on October 6, 2018.

Nancy who has been working as a journalist for 14 years, shared her experience and manifested her love for journalism to the students through her talk entitled 'My Journey as a Journalist.'

Before joining journalism fraternity in 2004, Nancy took up a hospitality industry course as she desired freedom. She accepted the challenge of journalism after she met her former school teacher.

"I fall in love with journalism because it gives me freedom. I am very curious about things and talking to people satisfied my

"ASS-U-ME, was the first word the editor told me that journalist should never do when doing their job."

-Nancy

quest for information. Thus, the combination of interest, curiosity and enjoyment on talking to people, equipped me well when I started to venture into this procession," said Nancy.

Nancy has worked as a reporter for the New Straits Times and even ventured into politics by working as a publicity chief for a political party. Her political career was short-lived and later joined the banking sector. However, she found out that she did not quite enjoy her work at the banking sector and still has the passion for journalism.

"I missed the excitement of journalism work. I missed having that feeling of getting to know firsthand information before it is being published in the media. At that point, I know that I should be coming back to journalism," she said enthusiastically.

That was when she decided that she wanted to make a comeback and joined Dayak Daily online news portal.

According to Nancy, being a journalist requires a person to look for facts and writing the truth. It becomes the number one rule that every journalist has to hold throughout their carrier.

"ASS-U-ME, was the first word the editor told me that journalist should never do when doing their job," Nancy disclosed.

She added that when a journalist starts to assume or make assumption, there is when prob-

lem will start to happen.

"When journalists start to assume things, they will not be able to be objective in their report. At the same time, you should not be inserting your own opinion when writing news," Nancy advised the students.

"Journalism is not a one-man show. Be honest to your editor when you are unable to complete an assignment within the deadline and ask help from colleagues if you face problems on how to write your report," she added.

According to Nancy, the joy of being a journalist comes from the satisfaction and the sense of accomplishment when the news was published in the newspaper or online portal.

Despite of the ups and downs in her career, Nancy enjoyed her job especially when she got the opportunity to travel abroad. She has experienced a lot of interesting and challenging moments while travelling which she will remember for the rest of her life.

"There was a time when I only brought two pieces of clothes with me for a two weeks trip in the jungle. It was an unexpected journey and I was not prepared enough for the trip," she reminisced the not-so-good experience of having to wear the same clothes for two weeks.

Nancy also shared her experience having to travel in a helicopter with the remain of one of the six firefighters that lost their



ACHIEVEMENT... Nancy receives a mock cheque from Datuk Talip when she was announced as the winner of 'The Best News Cover Of The Year' category for journalism award.

lives in a recent drowning incidence.

"It was an emotional ride for me even though I did not know him personally. Being in the helicopter with his family members and a few of his colleague, it was a somber mood and I cannot help to shed some tears," she narrated her experience.

With her passion, commitment and outstanding performance, she was assigned by her editor to cover international events that presented her the opportunity to travel to seven countries this year namely India, Thailand, Maldives, Singapore, Turkey, Japan and Indonesia.

Just like in her previous career, Nancy also has to face many difficulties such as meet-

ing deadlines, being on call for 24 hours, lack of sources and transportation problems whenever she has to cover events that were far from her workplace.

"Meeting deadline for journalist is the most important aspect of this job, as if you cannot meet the deadline, you will D-E-A-D," she quipped.

She also reminded that it is important to make more friends throughout the journey as a journalist as they can become the sources to your news in the future.

"If you enjoy meeting different people from all walks of life and love to travel, I think you should consider journalism as one of your options for your future career," said Nancy.



ENJOYMENT... Nancy Nais (fifth right) taking a group photo with the Communication Studies students from UNIMAS.



MEETING NEW PEOPLE ... Nancy Nais in a group photo with the Bidayuh 'ring ladies' after an interview with them in Kampung Semban, Sarawak.

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Marketing Program students organises Dream Catcher Workshop



TIRING BUT FUN... The participants of the workshop taking group photograph with Midah Hairul (back, 4th from the left) and Melvin Carson Midin (front, right).

By Eva Elayna

UNIMAS: First year students of the Marketing Program organised a Dream Catcher Workshop on October 17, 2018 at Tutorial Room 8 of the Faculty of Economics and Business (FEB).

According to the lecturer in-charge, Janifer Lunyai, the

main objective of conducting the workshop was to expose the First Year students to business communication skills especially dealing with potential customers.

"This workshop is intended to teach the participants with skills which won't be taught in class," she added.

The three-hours workshop started with a brief introduction and a video tutorial presentation about dream catcher by the program assistant director, Melvin Carson Midin.

The program started at 9.30am where facilitators began distributing materials such as yarns, scissors, cardboard hoops, feathers and beads to the participants who were seated in a circle.

Throughout the event, the facilitators were giving guidance to the participants and also helped them to untangle the yarns. A few of the facilitators were seen collecting pieces of discarded paper to ensure the cleanliness of the venue.

The participants were having a good time while looping and weaving to create their own dream catcher. As everyone was having their own pace of progression, some had managed to complete theirs within an hour.

Program director, Midah Hairul shared how she got the idea of conducting the workshop.

"Our aim is to teach people how to create their own dream



MULTICULTURAL... International students join the workshop too to learn on how to make a dream catcher.

catcher instead of buying the expensive ones. As our lecturer told us to do something different, I was thinking while gazing at a dream catcher at my bed so I thought, why not?" said Midah.

According to Melvin, dream catcher is gaining popularity among youth and symbolically it motivates them to work harder to achieve their dreams.

The workshop was a great success where participants who

completed their dream catchers were invited to take pictures with the team and were given free gift as well.

The main objective this workshop was to expose the first year students to business and communication skills.



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The unique charm of traditional Chinese tea



LEARNING NEW THINGS... Photography session for the participants of the workshop.

By Sharon Laie Likong

UNIMAS: The Faculty of Economics and Business (FEB) organised a workshop on The Art of Chinese Tea at the Research Lab 1 on October 17, 2018.

The workshop was aimed to show the importance and attractiveness of traditional Chinese tea culture.

Xu Min, an international mobility student from China performed a demonstration of serving the traditional Chinese tea ceremony.

During the workshop, participants were introduced to different types of Chinese tea and a short presentation of the history of tea, the process of making tea leaves, different types of Chinese tea and the traditional tea ceremony.

The participants were given the chance to taste three types of Chinese tea namely Oolong tea, Green tea and Jasmine tea.

Participants of the workshop were also required to answer quizzes based on the presentation and before the traditional tea ceremony.

All participants received Chinese tea leaves as a souvenir for attending the workshop.

UNIMAS Human Library introduces new style of reading

By Mercy Avie

UNIMAS: Students of Universiti Malaysia Sarawak (UNIMAS) were introduced to a new way of finding information by participating in the Human Library Program which was held at the Student Pavilion on the 2nd of October 2018.

According to the director of the program, Ali Ahmed, this was the first time for the Human Library program to be held in UNIMAS.

"Human Library has started since 2000 and only reached Sarawak in 2016 which was organized under the Kamek Kitak Human Library and now they have brought it to UNIMAS," Ali said.

The purpose of this program was to have one to one dialogue between an expert and a person who is curious to know more.

Participants got the opportunity to obtain the information from the source, instead of reading from a book.

Basically, participants were



HAPPY SMILES... Committee members of human library having a photo-taking session at the end of event.

given 15 minutes session with a 'human book' where during the first 10 minutes the 'human books' will be telling their life experiences and what they had gone through according to the

specific categories.

The remaining five minutes was for the Q&A session.

There were two main categories used for this program namely success category and survive

category.

Each category has eight sub-categories namely The Socialpreneur, The Poet, Mobility Student, Story Writer, Girls' Guide, The Deaf, The Blind and

The Model.

Most of the human books were UNIMAS students and others were specially invited guests from different field of expertise to share their stories with the students.

From the Girls' Guide category, the 'human book' was an expert who have been a girls' guide for 14 years and has represented Malaysia Southeast Asia for a world event.

Two of the human books were disabled people. First, The Deaf came and represented the Sarawak Society for the deaf while The Blind is represented by a Third Year student from UNIMAS. One interesting fact was that the Blind is an expert in IT where she can communicate very well using the social media just like a normal person does.

The organisers hoped to host this program again next year in order to promote Human Library and to inculcate among students the culture of asking questions to find knowledge.

Good response to Chinese Cultural Society Dancing Club orientation day



WELCOMING... The seniors (right) of dance club give a brief introduction to the new members.

By Peh Sher Jing

UNIMAS: The Chinese Cultural Society Dancing Club had conducted an orientation day for the juniors at Dahlia Cafe on October 3, 2018.

A total of 14 seniors and about 40 juniors from different faculties attended the dancing club's welcoming event.

The president of the Dancing Club, Lim Yue Min, gave a short briefing to introduce the committee members and two main dance styles of the club which were modern and traditional style.

"I hope that everyone could learn as much as dancing styles when they become an active member of the club," said Lim.

The juniors were given the opportunities to choose dancing styles that they preferred which include Girl Style, B-boy, Popping, Hip Hop, K-pop as well as the traditional dance.

"I hope that in the future, our Dancing Club will have our own performance team so that we can practice together if we are invited to do performances either in UNIMAS or other places," she added.

"I hope that everyone could learn as much as dancing styles when they become an active member of the club."

-Mindy Lim



CELEBRATING MID-AUTUMN FESTIVAL... UNIMAS students celebrating the Mid-Autumn Festival at The Friendship Park as one big family.

Celebrating Mid-Autumn Festival together

By Lim Man Hwa

KUCHING: Around 50 members of University Malaysia Sarawak Buddhist Group (UBG, UNIMAS) celebrated Mid-Autumn Festival together on a short trip with the First Year students on 22nd September 2018.

The trip was also part of an orientation day for the First Year students.

Students were taken to visit the Wind Cave in Bau, Kuching Waterfront, Kuching Buddhist Society (KBS) and also the Friendship Park.

The trip presented an opportunity for students to enjoy the unique cultural and cus-

toms in Sarawak and to encourage them to explore and celebrate Mid-Autumn Festival together as a big family in UBG.

Interesting games were also organised including ice breaking session to foster

good relationship between freshmen and the seniors.

The organisers also prepared various flavors of mooncake, and provided the lanterns for students to be able to mingle around in the Malaysia-China Friendship Park.



EXPLORING NEW PLACES... Students taking group photo in front of the entrance of Wind Cave after completing their expedition.

88 FSSH students receive Dean List Award



CONGRATULATION... Vanessa Gillian Nae from Politics and Government Studies receives her dean list award from Dr. Mohamad Suhaidi Salleh, the Deputy Dean of Students Affairs and Alumni.

By Nalina Suria Ravi

UNIMAS: A total of 88 undergraduates from the Faculty of Social Sciences and Humanities (FSSH) received their dean list certificate from FSSH Dean Associate Professor Dr. Neilson Ilan Mersat in a simple ceremony held at the Multimedia Room 1 recently.

In his speech, Dr Neilson

congratulated all recipients for their achievements and advised them to continue their hard work to excel in their studies.

"During my time, we don't have dean list certificate but were given books as a form of recognition from the faculty. However, the idea remains the same, which is to encourage students to strive harder in their study and finally graduate with

flying colours," Dr. Neilson said.

Most of the recipients attributed their success to discipline and good time management.

"We should have a list of priorities so that we can plan what we need to do. We need to work hard and sacrifice our time in order to be able to excel in our studies," said Vanessa Gillian Nae from Politics and Government Studies.

She added: "It is always best to keep yourself on track, give yourself some time off and don't work too hard until you feel stress. You need to balance your life between studies and enjoy yourself with friends."

Mohamad Nazirul Haziq from Social Work also shared his experience juggling between his studies and the activities that he participated at the faculty and college level.

"Despite involving in a lot of programs, I am able to balance my time and making sure that I do not do my assignments last minutes," he disclosed.

His active involvement in the faculty and college activities paid off as he can secure his accommodation at his college and that motivated him not to give up and always move forward when facing challenges.

This was Mohamad Nazirul first dean list award and he was happy to be able to make his parents proud of him.

Filzaty Syakirah, from Social Work student advised students to be disciplined and never procrastinate especially in completing assignments.

Yummy kimbap



THIS IS HOW YOU MAKE KIMBAP... Participants involving in hands-on on learning how to make kimbaps.

By Peh Sher Jing

UNIMAS: A demonstration on how to make kimbap was organised by a group of First Year students from the Faculty of Economy and Business (FEB) at Tutorial Room 9 on October 17, 2018.

The workshop has attracted 36 participants.

They were divided into four groups to make their own kimbap with different ingredients such as cucumber, rice, sausages, crab stick, tuna mayonnaise, egg mayonnaise as well as seaweed.

Even though the ingredients provided to each group were different, the participants were willing to share the ingredients with other groups.

"I was worried that our workshop could not achieve the target of 20 participants," said Azhali

Business Communication lecturer Janifer Lunyai said the purpose of this workshop was to expose the First Year students to business communication and improve their communication skills.

"Organising a workshop is quite different from doing presentation in class or public speaking because students will learn how to organise event which will help to boost their confidence so that they won't be shy to speak to strangers," she added.

Seeking for new leaders



WARM SMILE... Members of PERSAINTEK welcoming the interviewees with a warm smile.

By Muhd Auza'ie Azmi

October 2018.

UNIMAS: Persatuan Sains Teknologi dan Sumber (PERSAINTEK) has organised a membership drive from 4-10

The aim was to recruit new members and at the same time to identify good candidates can replace the old committee members of PERSAINTEK.

Nur Anis Afiqqah admitted that it was a challenge to promote their activities to UNIMAS students because not many students know about the Faculty of Resource Science and Technology (FRST).

According to the secretary of PERSAINTEK Nur Anis Afiqqah, the club was looking for someone with good leadership quality, highly committed and diligent to lead the club.

Nur Anis Afiqqah admitted that it was a challenge to promote their activities to UNIMAS students because not many students know about the Faculty of Resource Science and Technology (FRST).

"We have given out flyers to students around the campus, sending out information using Whatapps and on social media

so that PERSAINTEK will be know visible," she added.

Nur Anis expressed hope that whoever are selected to become the committee members of PERSAINTEK to give their best for the club.

Around 40 candidates, mostly First Year students waited eagerly for their names to be called out for the interview during the membership drive period.

"I hope I will be chosen, if I pass the interview, I will give my best to improve this PERSAINTEK club," said one of the candidates.



WAITING FOR THE CALL... Two of the candidates waiting for their names to be called out for the interview as PERSAINTEK committee member.

Pride of UNIMAS

By Seow Jia Leng

Three students from the Faculty of Computer Science and Information Technology (FCSIT) did Universiti Malaysia Sarawak (UNIMAS) proud when they emerged as top 10 winners of the Huawei Malaysia Seeds of Future 2018 program.

Kong En Yie, Lim Yii Vonne, and Luciana Wong Ai Hua managed to beat 1,100 participants and won a two-week fully paid educational and cultural trip to Beijing and Shenzhen from 12th to 27th of October, 2018.

Kong, 24, from Perak and Lim, 24, from Johor, have just finished their Network Computing program while Wong, 22, from Miri, is a Third Year student from the Faculty of Engineering (FE), and is currently taking the Electronic Engineering (Telecommunication) programme.

During the trip, the trio were given the chance to work with the Huawei team at the Global Headquarters, learning about Huawei's international culture, strategy and value, and received technical training from some of the finest professionals in the industry.

They were also given the opportunity to learn about the trends in cloud computing, Internet of Things (IoT), 5G technologies, and participated in several technology workshops and networking events during their trip to China.

"I am grateful to my family and my friends who have given me all the supports and encouragements. I am also thankful to Huawei for giving me the chance to pursue my dream," said Lim.

Lim acknowledged that she has gained a lot of knowledge when participating in Huawei Malaysia Seeds of Future 2018 program.

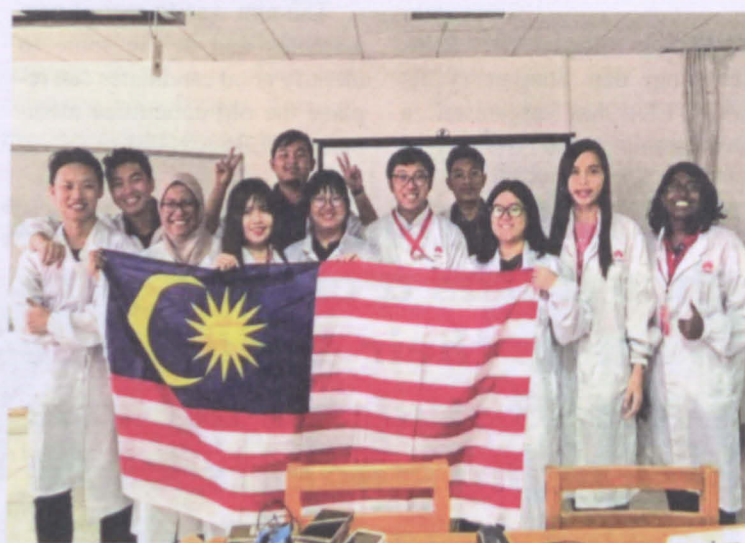
"I learn a lot about ICT and the latest technology that is being implemented in China during the trip and I hope that more UNIMAS students will participate in this program in the future," she added before concluding the interview.



MEMORABLE... The top 10 winners of Malaysia Huawei Malaysia Seeds for the Future 2018 after their graduation ceremony in the headquarter of Huawei in Shenzhen, China with the three UNIMAS students, which is Lim Yii Vonne (forth right), Luciana Wong Ai Hua (second right) and Kong En Yie (right).



FRUITFUL MOMENT... Vice president of Global Government Affairs of Huawei, Detlef Eckert (second left), Lim Yii Vonne, Kong En Yi, and Luciana Wong Ai Hua taking a group photo to record the memorable moment after their graduation ceremony.



PRACTICE MAKES PERFECT... A random photo taking session after their daily class on configuring their own 4G base stations with the instructor, Chin (middle) and all the 10 winners from Malaysia.

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SUCCESSFUL VENTURE... The top 10 winners of Huawei Seed Programme are receiving their certificate in the Ministry of Education in Putrajaya with Dr. Maszlee Malik (middle right), the ministry of education and Baker Zhou (5th from left), the chief executive officer of Huawei Malaysia.



CERTIFICATE OF EXCELLENCE... Lim Yii Vonn, Kong En Yie and Luciana Wong Ai Hua are in jovial mood after receiving their certificate of appreciation upon completion of their lessson in Shenzhen, China.



LEAP FOR FUTURE.. A creative photo taking at the civic centre of Huawei's headquarter in Shenzhen China with the top 10 winners.



MOMENTS TO REMEMBER....A group photo with all of the seeds winner from all over the world.



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Hari Terbuka IBEC

beri pendedahan tentang pemuliharaan dan kajian biodiversiti

Oleh Sharon Laie Likong

UNIMAS: Hari Terbuka Institut Biodiversiti dan Pemuliharaan Alam Sekitar (IBEC) yang diadakan pada 4 dan 5 Oktober 2018 bertempat di lobi Fakulti Sains dan Teknologi Sumber (FSTS) memberi banyak pendedahan tentang pemuliharaan dan kajian biodiversiti kepada orang ramai.

Menurut pengarah IBEC, Prof Dr Gabriel Tonga menyatakan tujuan utama program dianjurkan adalah untuk memupuk kesedaran tentang pentingnya pemuliharaan alam sekitar serta menawarkan kemahiran ber-

kaitan dengan eko pelancongan kepada pelajar.

Menurutnya lagi, program ini mendapat sambutan yang menggalakkan kerana pada hari pertama sahaja, seramai 1000 orang mengunjungi pameran di Institut.

Penyertaan pelajar luar dari sekolah menengah dan sekolah rendah yang berdekatan juga memeriahkan lagi program ini.

Pada hari kedua, terdapat dua buah sekolah rendah iaitu Sk Serasot dan Sk Jagoi telah berkunjung ke program ini sebagai salah satu aktiviti pasca peperiksaan bagi pelajar Tahun Enam yang baharu tamat peper-



MASA PENDEDAHAN... Guru Bahasa Inggeris Sk Serasot, Jadi Dusey (kiri), Pengarah IBEC, Prof. Dr Gabriel Tonga (tengah) dan Supian Madhi (kanan), guru Matematik Sk Jagoi.

iksaan UPSR.

"Pendedahan ini merupakan satu peluang untuk pelajar menentukan hala tuju minat mereka

dan merupakan pengukuhan kepada pembelajaran di sekolah," kata Prof. Dr Gabriel.

Pelbagai aktiviti yang me-

narik turut dianjurkan seperti bengkel, pameran dan seminar kepada pengunjung.

Demonstrasi untuk mengambil gambar alam sekitar dengan cantik dan menarik turut diadakan buat pengunjung pameran.

SUKSIS ambil ahli baharu

Oleh Nurul Fathin Aisha Mahdi

UNIMAS: Kor Sukarelawan Siswa Siswi (SUKSIS) Universiti Malaysia Sarawak (UNIMAS) telah mengadakan promosi untuk pengambilan pelajar baharu bagi sesi 2018/2021 di DeTAR Putra pada 9 September 2018.

Seramai 352 orang pelajar Tahun Satu telah mendaftar untuk menjadi ahli KOR SUKSIS, namun hanya 71 orang sahaja yang telah berjaya ke peringkat ujian fizikal.

Objektif pengambilan pelajar Tahun Satu sebagai ahli KOR SUKSIS adalah untuk mencari anggota pelapis SUKSIS yang menepati ciri-ciri yang telah ditetapkan terutama daripada segi disiplin diri serta asas dalam

badan beruniform polis.

Antara syarat yang ditekankan dalam pemilihan kali ini adalah ketinggian dan berat badan, kekuatan fizikal untuk melakukan beberapa ujian seperti *pumping*, *sit up* dan *burpees*.

Calon yang lulus ujian fizikal turut ditemuduga oleh beberapa orang pegawai tinggi polis iaitu Penolong Superintendan Polis (ASP) Ritchie Jarit, Pegawai Penyelaras KOR SUKSIS UNIMAS.

Penganjur program, Azril Neterhelmy Shahrudin, 21, wakil Skwad 13, berpuas hati dengan sambutan hari promosi pengambilan Skwad 14 ambilan 2018/2021.

Beliau berharap penyertaan anggota baharu KOR SUKSIS ini, para pelatih dapat menerapkan segala nilai yang ditekankan



PERSEDIAAN RAPI... Calon ahli kadet melakukan senaman regangan sebagai persediaan sebelum melakukan larian sejauh 2.4km.

terutamanya disiplin diri dan juga ketepatan masa.

Keputusan senarai jaya telah

diumumkan secara rasmi pada 27 September 2018 dan seramai 32 orang telah dipilih un-

tuk menyertai KOR SUKSIS UNIMAS skuad 14 ambilan 2018/2021.

Taklimat gangguan seksual untuk kesedaran pelajar dan orang ramai



Penyelaras Program Kaunseling dan Pembangunan Manusia (FSKPM), Dr Nor Mazlina Ghazali ketika memberi ceramah mengenai kesedaran tentang ancaman gangguan seksual dan kesannya di Auditorium Pusat Khidmat Maklumat Akademik.

Oleh Sandy Perik

UNIMAS: Satu taklimat men-

genai gangguan seksual telah diadakan pada 26 - 27 September 2018 di Auditorium Pusat

Khidmat Maklumat Akademik (PKMA) anjuran Persatuan Pegawai Akademik Universiti Malaysia Sarawak (PPAU) dan Pergerakan Tenaga Akademik Malaysia (GERAK).

Seramai 240 orang pelajar menghadiri taklimat tersebut dan 30 orang staff termasuk orang luar turut serta dalam program ini.

"Program ini dijalankan bertujuan memberi kesedaran kepada orang ramai tentang gangguan seksual dan pentingnya mengambil tindakan segera untuk menyiasat dan memberi hukuman setimpal kepada pelaku kesalahan tersebut," kata Dr.

Lai Suat Yan.

Beliau juga berkata masalah ini semakin berleluasa kerana mangsa takut untuk melaporkan kes tersebut kepada pihak berkuasa.

Dr. Lai berharap agar lebih ramai orang akan memberi sokongan dan nasihat moral kepada mangsa gangguan seksual.

Program ini difokuskan kepada pelajar universiti supaya mereka lebih berhati-hati kerana gangguan seksual boleh berlaku di mana-mana sahaja terutama di kawasan universiti.

Penyelaras Program Kaunseling dari Fakulti Sains Kognitif dan Pembangunan Manu-

sia (FSKPM) Dr. Nor Mazlina Ghazali turut memberi ceramah berkaitan gejala gangguan seksual pada majlis tersebut.

"Kita perlu memberi sokongan atau sesi kaunseling kepada mangsa dan maklumat mengenai gejala ini perlu disebarkan kepada orang ramai supaya mereka sedar gejala ini adalah sesuatu yang amat serius dan bukan perkara remeh-temeh," ujarnya.

Program ini dihadiri oleh ramai pelajar jelas menunjukkan bahawa kesedaran dalam kalangan pelajar amat tinggi tentang kesan gangguan seksual dan penting untuk mencegah daripada terus berlaku.

UCCA orientation day



WELCOMING SPEECH... President of UCCA, Loke Ming Kang is giving his welcoming speech during the orientation day.

By Foong Zi Qing

UNIMAS: A total number of 350 undergraduates for the 2018/2019 academic session participated at Universiti Malaysia Sarawak Chinese Cultural Association's (UCCA) Orientation Day on September 26, 2018.

The event which was held at the Student Pavilion's multi-purpose hall with the aim of promoting traditional Chinese



MEMORIES ARE MADE OF THIS... A group photo taking session of the UCCA committees with the freshman before putting a full stop on the orientation day.

culture among its members as well as to allow other students to understand more about Chinese culture.

"Life can be a bit dull if you only study until you graduate. Hence, I encourage all of the students to join more activities and to enjoy university life by joining UCCA," said by the President, Loke Ming Kang.

He added that by joining UCCA activities, students can learn both soft and hard skill needed when they graduated.

"With these skills, it allow you to be unique and shine out from other graduates," Loke pointed out.

He advised new members to mingle around with students of different backgrounds so that they can build their network, communication skill and confidence level.

Loke also believed that the members would be able to build up their personalities positively as UCCA has prepared a good platform for them to learn and

grow.

Eight different groups of activities were organised during the orientation day including Debate Team, Diabolo Team, Dance Team, Singing Team, Chess Team, 24 Festival Drum Team, Books of Society Team, and Music Asgard Team.

Christy Lu Ee Er from Selangor said she felt very lucky to be able to participate in the orientation day because it made her realised the importance of learning about Chinese culture.

"At the same time, it allows me to make more friends in UNIMAS," she added.

A Third Year student, Chuah Ren Hui who has become a member since first year encouraged new students to participate in the activities organised by UCCA and at the same time not to neglect their studies.

Chuah believed that the association could benefit the students as it creates a platform for them to understand more about Chinese culture.

10 booths at IBEC Open Day



AN EYE OPENER... Ana Sabrina Yusof (right) and Aufa Syazana Ahmad learn a lot of useful information of the exhibition.

By Khoo Xin Hoong

UNIMAS: More than 10 booths were set up at the Institute of Biodiversity and Environmental Conservation (IBEC), UNIMAS Open Day organised at the lobby of Faculty of Resource Science & Technology (FRST), University Malaysia Sarawak (UNIMAS) on 4-5 October, 2018.

The event was organised in

conjunction with World Animal Day that was commemorated every 4th October.

One of the booths on displayed at the IBEC Open Day was from the World Wildlife Fund (WWF) featuring the Sarawak Conservation Program that focused on conservation spatial planning, protected areas, species conservation, responsible forestry, sustainable palm oil and freshwater management and

security.

The vision of WWF's Sarawak Conservation Program is to sustain the health of forest and ecosystem in important areas for the benefit of human and nature.

WWF carried out 90 conservation projects that covered marine, freshwater, species conservation like the turtle, tiger, elephant and orangutan, community work and education influence policy.

An Entomology master student Tan Pei Chin also participated in the open day by showcasing his Worming Up Project that aimed to reduce organic waste by recycling nutrient to solve environment pollution.

"Worming up is an organic waste treatment by feeding the maggots with organic waste and later turned it into organic fertilizer," said Tan.

Besides, Tan also disclosed that he is also working on another project which filtered cooking oil into soap.

"The soaps are use for cleaning dirty clothes, but not for body wash," he added.

Another booth by East Malaysia Wildlife Conservation Society Malaysia (WCS) show-

cased orangutans, sharks and rays to the visitors.

WCS sent their researchers to the forest and approached the community in order to help to educate them about the importance of wildlife.

FRST students also participated at the IBEC Open Day by sharing the results and equipments of their project to the visitors such as laboratory knowledge, insect, snake, water and etc.

The Centre for Academic Information Services (CAIS), UN-

IMAS also set up a counter to allow visitors to borrow book in the FSTS lobby.

"I visited these booths as they are helpful to my course and I'm so excited because I get to know more about zoologies such as the way to preserve things, the way to handle the laboratory work and the way to collect samples," said Ana Sabrina Yusof.

Another student, Aufa Syazana Ahmad said her interest was related to animals and visited the booth helped her to gain extra input about the field of Zoology.

The purpose of IBEC is to promote research in two niche areas-tropical biodiversity and environmental conservation.

Teater muzikal Sultan Tengah dapat sambutan hangat

Oleh Nurul Nadia Daud

KUCHING: Seramai 5000 penonton menyaksikan teater muzikal Sultan Tengah yang diadakan buat julung kali bersempena sambutan Hari Bandaraya Kuching di Stadium Perpaduan selama tiga malam berturut-turut bermula 21 hingga 23 September 2018.

Pementasan teater muzikal Sultan Tengah yang dibintangi Fahrin Ahmad selaku watak utama dalam pementasan teater muzikal yang berkisahkan tentang legasi kesultanan Brunei telah berjaya menampilkan unsur keharmonian melalui seni tarian dan persembahan muzik.

Teater ini turut menampilkan pelakon seperti Mahmud Ali Basa selaku Sultan Abdul Jalilul Akhbar, Bob Yusof selaku Pembaca Gurindam dan Safar Ghaffar selaku Arya Mangkurat dan 48 pelakon tambahan lain.

Dalam pada itu, para penonton turut diperdengarkan dengan 30 buah lagu asal Pementasan Amal Teater Muzikal Sultan Tengah ciptaan Nahrawi Rashidi selaku pengarah muzik.

Lagu-lagu ini dilantunkan



MENJIWAI WATAK... Fahrin Ahmad menjiwai watak persis sultan ketika pementasan Teater Muzikal Sultan Tengah. Sumber: Facebook.

oleh 15 penyanyi latar di bawah bimbingan Azlan Golie selaku pengarah vokal pementasan teater, Amir Hamzah, Ioe Gendnag dan lain-lain yang dipersembahkan secara langsung oleh pemuzik terkenal Sarawak dan pemuzik Dewan Bandaraya Kuching Utara (DBKU).

Pelajar Tahun Satu hingga Tahun Tiga, Program Drama dan Teater, Fakulti Seni Gunaan dan Kreatif (FSGK) UNIMAS memanfaatkan peluang dengan menyaksikan pementasan teater tersebut bagi menyelesaikan

tugasan untuk subjek sinografi mereka.

Nurul Aqilah Zulkarnai pelajar Tahun Dua FSGK berkata semua pelajar program drama dan teater diberi tugas untuk membuat penilaian tentang sinografi pementasan muzikal teater Sultan Tengah.

"Ini merupakan pengalaman yang berharga buat kami kerana berpeluang melihat set pementasan yang dibuat dalam skala besar yang turut melibatkan nyanyian, tarian dan lakonan," kata Nurul Aqilah.



DAPAT SAMBUTAN... Pengarah muzik, Pengarah vokal pementasan, barisan pelakon dan krew yang terlibat dalam pementasan Teater Muzikal Sultan Tengah bergambar bersama dengan Menteri Pelancongan, Kesenian, Kebudayaan, Belia dan Sukan Sarawak, Datuk Abdul Karim Rahman Hamzah berbaju batik biru (tengah) setelah selesai pementasan. Kredit foto: DBKU



KEPUASAN... Jelas terpancar kepuasan barisan pelakon Teater Muzikal Sultan Tengah bersama krew-krew setelah selesai pementasan.

Pementasan teater Spektrum cungkil bakat pengarahan pelajar FSGK



TERUJA... Jelas terpancar keterujaan barisan pelakon dan pengarah setelah selesai pementasan teater Spektrum. Husni Zuhairin berjaket (dua dari kiri) Faizal Zam Zam (berseluar kuning) Danial Dahiri (berkaca mata).

Oleh Nurul Nadia Daud

Kuching: Pementasan teater Spektrum yang diadakan pada 21 hingga 23 September 2018 di Indah Café berdekatan Waterfront merupakan inisiatif pensyarah dari Fakulti Seni Gunaan dan Kreatif (FSGK) untuk mencungkil bakat pengarahan dalam kalangan pelajar Jurusan Teater dari fakulti itu.

Objektif penganjuran teater adalah untuk mengasah bakat pengarahan dalam kalangan pelajar yang terpilih bagi mendedahkan mereka dengan dunia pengarahan sebenar.

Pementasan teater ini melibatkan tiga orang pelajar Tahun Tiga iaitu Danial Dahiri untuk Cerita Perempuan, Faizal Zam Zam untuk Cerita Kumpau dan Husni Zuhairin untuk Cerita Ngerepak. Teater ini berkisahkan tiga cerita yang mempunyai mesej yang berbeza.

Teater Spektrum yang dipentaskan buat pertama kali menggunakan pendekatan secara experimental dalam bentuk pasca moden. Pendekatan yang digunakan sangat unik kerana menggabungkan lagu dan lakonan dalam cerita yang disampaikan. Lagu yang digunakan juga

bertepatan dengan gaya dan tari moden yang dipersembahkan.

Pensyarah bagi Jurusan Teater, Abdul Walid Ali bertanggungjawab untuk melatih dan mencungkil bakat pengarahan yang terlibat bagi menjayakan teater itu.

Hellisza Awi pelajar Tahun Tiga, yang mengambil elektif dalam Program Teater turut mengambil peluang untuk menonton pementasan teater itu bagi menyiapkan tugas individu.

Dia menyatakan bahawa teater ini sangat unik dan menarik kerana pendekatan yang digunakan mudah difahami dan cerita yang diketengahkan amat berkait rapat dengan kehidupan kita semua.

Teater ini juga mendapat sambutan daripada penduduk setempat dan orang ramai.

Untuk cerita Ngerepak, pengarah menggunakan muzik hip hop versi Sarawak dengan mengayakan tarian moden untuk menyampaikan mesej daripada cerita tersebut. Ini sangat bersesuaian dengan masyarakat Sarawak untuk memahami jalan cerita yang disampaikan dengan jelas.



LEGA... Marcellea Aveniecia Mosen(kiri), dan Hellisza Awi (kanan kedua) pelajar Tahun Tiga Fakulti Sains Kognitif & Pembangunan Manusia (FSKPM) bergambar bersama barisan pelakon cerita Perempuan selepas selesai pementasan Teater Spektrum.

Teater ini diadakan adalah untuk mengasah bakat pengarahan dalam kalangan pelajar.



CINTAKAN HAIWAN... Pengarah yang turut terlibat sebagai pelakon menyeru supaya masyarakat menerapkan nilai cintakan haiwan dengan menggunakan patung kucing untuk mengutuk sekerasnya tentang isu pembunuhan kucing yang hangat diperkatakan.

‘Ranee’ Shades of Art



RELAXING... Rendawl (left) and Meryll Pearl (right) are members of Swaivband who perform at the Shades of Art.

By Yip Sin Chee

KUCHING: The 13th edition of Shades of Art returns with the theme, Ranee was held on 13th October 2018 at Bing Coffee, Green Heights.

The Shades of Art was one of the activities run under the “What About Kuching” event

that was held from 29th September to 28th October 2018.

This event served as a tribute to women through a night filled with poetry, acoustic music and art in a cosy cafe-style setting.

Jordan Anthony, one of the organisers of the event said the event act as a platform to give the opportunity to the talented

ones to show and share their interest in art with members of the public.

This event was organised annually since 2007.

According to Jordan, there was no limit for the number of participants to take part in the program.

“The only problem that we faced organising this event was to get the technical equipment and had to borrow from the com-

munity because this is a voluntary program,” he said

The admission was free as the organisers wanted the community to enjoy the show as well as to serve the community.

Jordan disclosed that the promotion of the event was done using social media such as Facebook and Instagram and placing advertisement in the newspapers to attract more performers to be involved in this event.



PERSON BEHIND THE SCENE... The organisers of Shades of Art starting from right to left is Noel Rumpang, Jordan Anthony and Jawing Chunggat.

Gina’s writing journey

By Khoo Xin Hoong

KOTA SAMARAHAN: Gina Yap, a prolific writer was invited by The Wordsmiths of Kuching (WoK) to give a talk entitled “The A to Z of Being A Writer” at The Museum Cafe & Shop recently.

In her talk, Gina shared the challenges that every writer face when writing and producing a book.

“As a writer, you can make the choice either to self-publish or engaging a publisher to publish your work,” she said.

According to Gina, some writers tend to ignore the guidelines set by the publishers and when sending the full manuscript their work was rejected.

“That is why, you need to know what are the guidelines and requirement set by publisher if you want you work to be published,” she cautioned.

Gina also explained that writers who intend to write a non fiction autobiography has to



SHARING EXPERIENCE... The prolific writer, Gina Yap Lai Yoong shares her experience and knowledge to the new generation of writers during her talk entitle “The A to Z of Being a Writer.”

get the permission first from the person in charge.

She also advised writers who wish to change the character’s name but having the same background to ensure that the description of the character does not match more than 70% to the actual person.

“That’s why getting permission is important because if you

write without consent, the other party can sue you,” she cautioned.

Gina also explained the two different methods of publishing to audience.

Traditional publishing involved few processes starting from sending the final manuscript to the publisher, get it edited by editor, send the copy to

the graphic design team for layout before printing.

She also informed that for income distribution, 50%~60% will be taken by the bookshops, 30% to the distributor, 20% to the publisher and the writer will only get the remaining 10% from the sales of the book.

However, if the writers choose to do self publishing, they will gain more profit but they have to do all the hard work.

“Normally, the books will be arranged on the bookshelves between three and six months and the bookshops will decide how long they will put it on display depending on the demand for the book,” Gina added.

Gina advised members of the public to buy books from the bookshops and avoid buying directly from the writer so the bookstore will know the demand for the book.

“Always remember to negotiate with the publisher. You must have a marketing strategy for them and always know what you are signing for,” she added.

Japanese film festival 2018

By Yip Sin Chee

KUCHING: The 15th Japanese Film Festival was held from 4th to 7th October 2018 at GSC CityONE Megamall.

The event was held for a month starting from 6th September to 7th October 2018 in Kuala Lumpur, Penang, Johor Bahru, Kuching and Sabah.

Johor Bahru was included as the venue for the film festival celebrations starting from this year.

Thirteen Japanese films were screened during the festival that comprised of collective mixed genres which include romantic comedy, suspense youth drama, documentary and feature.

There were a few special screenings in Kuala Lumpur to commemorate the 15th years of Malaysia’s support for the Japanese films.

Chihayafuru films marathon and another 6 films shot in Japan directed by Malaysians films directors were added into the festival too. Both of the programs were held at GSC Nu Sentral, Kuala Lumpur.

In Kuching, Japanese film lovers were treated to a film entitled Ramen Head, a special documentary on ramen noodles and the chef who prepare the dish.

Chukasoba Tomita’s proprietor Tomita Osamu and his customers were interviewed for over 15 months to tell about the history of ramen.

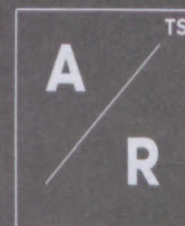
The camera also captured Tomita’s monk-like daily life, the excessive compulsion towards his soup and noodles, the care and imprecision towards the ingredients, the extraordinary care towards his customers and his exploration of ramen shops on his days off.

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Harmony Walk kukuh perpaduan antara kaum



SEMANGAT PATRIOTIK... Para peserta membawa jalur gemilang menandakan semangat cintakan negara. Kredit foto: FB Kuching Buddhist Society.



SEMANGAT KESUKANAN... Para peserta bersemangat menjayakan acara "Harmony Walk" walaupun hari hujan.

Oleh Lim Man Hwa

KUCHING: Lebih 1000 peserta terlibat dalam aktiviti *Harmony Walk* yang diadakan pada 29 September 2018 yang lalu.

Program yang bermula seawal jam 8 pagi dan berakhir jam 11 pagi menyaksikan peserta berjalan sejauh lima kilometer dari bangunan Persatuan Gereja Sarawak (ACS) dan tamat di perkarangan bangunan *Kuching Buddhist Society* (KBS).

"Unity is our Calling" dipilih sebagai tema bagi acara tahun ini. Ia bertujuan untuk memu-

puk dan mengukuhkan perpaduan berbilang kaum.

Walaupun hujan, semangat kesukanan dalam kalangan peserta tetap tinggi untuk meneruskan perjalanan sehingga tamat.

Seramai 28 pelajar dari Universiti Malaysia Sarawak (UNIMAS) turut serta menjadi sukarelawan menjayakan acara ini.

Lim Jia Yu, 21, berkata beliau gembira dapat menyumbangkan masa dan tenaga untuk menjadi sukarelawan dalam program ini.

KBS merupakan penganjur pada tahun ini, manakala tahun depan akan dianjurkan oleh ACS.



BUKTI PERPADUAN... Penyertaan daripada pelbagai kaum seperti Melayu, Cina, India, Iban, dan Dayak menunjukkan keberkesanan program. "Harmony Walk".

Rasa rindu pencetus ilham hasilkan lukisan



UNIK... Keunikan dan keharmonian hasil seni Ramsay Ong.

Oleh Nurul Fathin Aisha Mahdi

KUCHING: Pelukis terkenal Ramsay Ong, 68, mempamerkan lukisan serta hasil tangan beliau dalam pembuatan manik di pameran yang diadakan di Hotel Pullman, Kuching pada 7

Oktober 2018.

Anak kelahiran Sarawak ini amat suka dengan dunia lukisan dan mula melibatkan diri dalam dunia seni sejak berusia 15 tahun.

Beliau telah mengadakan pameran lukisan serta hasil kerja tangan beliau bersama dengan

beberapa orang pelukis ternama yang lain.

Menurut Ramsay, pameran ini diadakan untuk memperkenalkan hasil seni tempatan yang semakin hilang dalam kalangan masyarakat.

Pameran yang diadakan dari 26 September 2018 hingga 7

Oktober 2018 ini mendapat sambutan yang menggalakkan daripada para pencinta seni Sarawak.

Ramsay berkata perasaan rindu akan negeri kelahiran sentiasa menjadi sumber ilham kepada lukisannya semasa berada di luar negara. Dan kesemua hasil lukisannya mendapat sambutan yang hangat daripada penduduk di Hawaii dan San Fransisco.

"Perubahan adalah bagus, sebelum ini hanya mencanting batik dan melukis di atas kulit kayu saja," katanya.

Ujarnya lagi, "sebagai seorang yang kreatif kita haruslah sentiasa melakukan perubahan supaya pelanggan tidak bosan dengan hasil kerja tangan kita."

Selain daripada kulit kayu, Ramsay juga pernah menggunakan kertas hasil buatan sendiri untuk melukis ketika berada di Sri Lanka selama tiga tahun. Kertas yang digunakan untuk melukis itu dihasilkan daripada sisa kumbahan binatang seperti gajah.

"Saya berharap agar remaja zaman sekarang turut serta dalam setiap pameran dan bengkel yang kami adakan supaya kami boleh menurunkan segala ilmu yang kami ada dalam bidang seni seperti anyaman, lukisan dan cantingan batik kepada mereka," tambahnya lagi.

Haunted halloween circus jadi tarikan di Aeon Mall

Oleh Florennest Apong

KUCHING: *Haunted Halloween Circus* telah berjaya menjadi tarikan pengunjung untuk membeli-belah di *AEON MALL Kuching Central* baru baru ini.

Menurut pegawai pemasaran Fendra Nigong, 22, program ini berjaya menarik lebih 200 pengunjung dalam masa satu hari terutama sekali pada hujung minggu.

Program ini diadakan bertujuan untuk memastikan pengunjung membeli-belah sambil berhibur dan dijangka dapat meningkatkan jualan di *AEON MALL Kuching Central*.

Program ini dibuka kepada pengunjung dengan tiga sesi iaitu sesi pertama 11.30 pagi hingga 2.30 petang, sesi kedua bermula 3.00 petang hingga 5.30 petang dan sesi ketiga dibuka pada pukul 6.00 petang hingga 9.30 malam.

Pengunjung layak untuk masuk secara percuma dengan setiap perbelanjaan RM30 dan RM50 dalam satu resit.

Haunted Halloween Circus terhad kepada pelanggan berusia 12 sehingga 60 tahun sahaja. Kanak-kanak berumur bawah 12 tahun mesti diiringi oleh penjaga berusia di atas 18 tahun untuk kemasukan.

Pengunjung juga dapat menebus hadiah misteri *Halloween* apabila mengambil bahagian dalam *Halloween Hunt* dengan mengikuti langkah yang diberikan.

Selain itu, perarakan pemakaian *Halloween* turut diadakan pada 27 Oktober bermula jam 3.00 petang hingga 5.00 petang di *Centre Court, AEON MALL*.

"Saya berharap agar remaja sekarang turut serta dalam setiap pameran...supaya kami boleh menurunkan segala ilmu yang kami ada..." -Ramsay Ong

Save a life, donate blood



BENEVOLENT ACT... Ven. Seck Uk Pern (seated, 5th left) takes a group photograph with the volunteers.

By Lim Man Hwa

KUCHING: The 54th Blood Donation Campaign which was organised by Poh Yen Chin Ser Chin Jei Merit Society was successfully held on October 7, 2018 from 9am to 3pm at Metro Park.

A total number of 24 stu-

dents from Universiti Malaysia Sarawak (UNIMAS) participated as volunteers in order to help the event to run smoothly.

The blood donation campaign held four times a year has been organising since 2009.

This campaign was mainly to increase the blood supply in the hospitals and for charity purposes.

The chief abbot and chairman of the society Ven. Seck Uk Pern, 66, said the number of blood donors had increased from 30 to 156 since the donation drive started in 2009.

Majority of the blood donors in this campaign were elderly.

The chairman reminded the blood donors to make sure that they were in good health before

donating blood.

All the blood donors receive a bag of rice and some refreshment after donating blood as a token of appreciate for their gesture.

"Although it was hard to organise this campaign every year, yet I feel satisfied with my ability to be able to help the people," said Ven. Seck Uk Pern.

Show of unity at 17th Kuching Intercultural Mooncake Festival



DIVERSITY... Even though it is a Chinese traditional, beautiful Iban dance is also performed at the Mooncake Festival.

By Lim Yean Yen

KUCHING: The Federation of Kuching Division Community Association and Kuching Old Market Community Association organised 17th Kuching Intercultural Mooncake Festival (KIMF) along the Carpenter Street and Ewe Hai Street in Downtown Kuching on September 17 to 24, 2018.

The KIMF brought together visitors from all walks of life to celebrate the Mid-Autumn Festival, with many non-Chinese communities joining not only as visitors but also as vendors and competing in various competi-

tions, showing Sarawak's inherent multicultural nature.

One of the highlights of the festival was the lantern-making competition that was held at Plaza Merdeka Shopping Mall on September 17 where entries were displayed for eight days for public viewing.

Various ethnics performances such as Sape and bermukun were performed, much to the delights of the visitors.

Various types of mooncakes and lantern were also sold during the festival.

Muslim visitors also enjoyed the deliciousness of mooncake as some were made with halal

ingredients.

"I was amazed that all the ethnic groups gathered and celebrated the mooncake festival together. Such sight is rare in Peninsular Malaysia as Chinese festivals are often celebrated by Chinese only," said one of the

visitors who requested to remain anonymous.

Another visitor, Khor Jing Hui suggested that the organiser should have provided more garbage bins along the Carpenter Street to keep the place clean during the event.



LIVELY... Entrance of Carpenter Street becomes lively due to the over-whelming of visitors for Mid-Autumn Festival.

The KIMF brought together visitors from all walks of life to celebrate the Mid-Autumn Festival, showing Sarawak's inherent multicultural nature.

Sarawak AgroFest 2018

By Florennest Apong

KUCHING: The Sarawak government together with the Ministry of Modernisation of Agriculture, Native Land and Regional Development Sarawak successfully organised the Sarawak AgroFest 2018 from 20th to 28th October at Penview Convention Center (PCC) Demak, Kuching.

The Sarawak AgroFest 2018 is a premier agricultural festival in Sarawak that combines exhibition and sales, conference and seminars, business matching, food sales, mini zoo, games, competition and performances.

Sarawak AgroFest was renamed from *Hari Peladang, Penternak dan Nelayan (HPPN)* with the aim to actively promote agriculture and agro-based industry in the state.

The objective for Sarawak AgroFest 2018 was to promote Sarawak Agricultural produce and agro-based products, smart, modern and commercial agriculture, business and investment opportunities in agriculture and youth participation in agriculture.

Over 100 exhibition booths were set up at Sarawak AgroFest 2018 including Sarawak Agriculture Department, *Lembaga Kemajuan Ikan Malaysia (LKIM)* and Borneo Nusantara Sdn. Bhd.

In addition, various activities were carried out such as culinary contests, stage performances, games, AgroFest quizzes and lucky draws.

Sarawak AgroFest aims to actively promote agriculture and agro-based industry in the state.

Pilihan tempat tinggal penuntut universiti

Menetap di kampus atau di luar?

Oleh Elisheba Joy Mahendran

Menentukan sama ada untuk menetap di kampus atau tinggal di luar kampus merupakan dilema bagi setiap pelajar. Ia merupakan satu keputusan yang sukar untuk dibuat oleh para pelajar baharu ataupun lama kerana kesan dipenghujung hari kelak perlu diambil kira. Banyak perkara perlu dipertimbangan sebelum membuat keputusan samada untuk tinggal di dalam atau di luar kampus.

Terdapat banyak perbezaan antara pelajar yang menetap di kampus dengan mereka yang tinggal di luar kampus seperti di Unijaya, Unigarden dan Kwang Tai. Antaranya adalah dari segi aktiviti yang mereka lakukan. Sebagai contoh, mereka yang

tinggal di dalam UNIMAS lebih gemar menjalankan aktiviti sukan pada waktu petang manakala, bagi mereka yang tinggal di luar kampus, mereka lebih gemar untuk keluar berfoya-foya dan melepak.

Nalina Ravi, pelajar Fakulti Sains Sosial dan Kemanusiaan (FSSK) yang tinggal dalam kawasan kampus berpendapat adalah lebih selamat tinggal di dalam kampus berbanding tinggal di luar kampus. Dia menegaskan faktor keselamatan adalah keutamaan pihak universiti kerana jika berlaku sebarang kemalangan dalam kawasan kampus, ia masih di bawah tanggungjawab pihak universiti.

“Akses kad dan kamera di kawasan kediaman merupakan salah satu langkah keselamatan yang disediakan oleh pihak universiti. Ini merupakan salah satu



Lanusha Krishnan yang tinggal di kampus menyatakan bahawa banyak manfaat yang diperoleh semasa tinggal di kampus.

ciri keselamatan yang menjamin kebajikan pelajar sekiranya tinggal dalam kampus,” tambah Nalina.



Komathi Muthuraja merupakan seorang vegetarian dan memilih untuk tinggal di Unigarden sepanjang tempoh pengajiannya.

Selain itu, setiap kolej juga mempunyai sukarelawan yang menjaga keselamatan para pelajar seperti di Kolej Cempaka di mana mereka mempunyai skuad terdiri daripada golongan pelajar sendiri untuk mengawal di sekitar kolej.

Nalina juga berkata tinggal di kampus lebih menyeronokkan kerana mereka mampu untuk beristirahat di dalam bilik sementara menunggu waktu kelas yang seterusnya jika jarak antara sesuatu kelas itu memakan masa hampir sejam.

Manakala, menurut Lanusha Krishnan yang turut merupakan pelajar FSSK, tinggal di kampus boleh menjimatkan perbelanjaan daripada segi makanan dan pengangkutan.

“Harga makanan yang dijual di dalam kampus lebih murah jika dibandingkan dengan harga makanan di luar kampus,” jelasnya.

Selain itu, penggunaan pengangkutan juga diperlukan sekiranya para pelajar tinggal di luar kampus. Hal ini kerana, kedudukan fakulti dan kawasan tempat tinggal yang jauh menyukarkan pergerakan para pelajar. Justeru itu, mereka harus mengeluarkan wang yang banyak sama ada untuk membayar khidmat grab atau membeli minyak kenderaan.

Lanusha turut menjelaskan bahawa tinggal di kampus memudahkan urusan untuk melakukan kerja secara berkumpulan. Sebagai contoh, para pelajar yang tinggal berdekatan dengan Kolej Cempaka lebih gemar untuk berkumpul di Laman Ilmu Cempaka untuk berbincang mengenai tugas dengan ahli kumpulan.



Nalina Suria Ravi merupakan pelajar aktf kolej yang menyatakan perasaan puas hati menetap di kampus berbanding di luar.

Lain pula pendapat Komathi Muthuraja, pelajar FSSK.

“Tinggal di luar kampus membolehkan kita untuk masak dengan selesa. Sebagai orang yang mengamalkan pemakanan *vegetarian* tinggal di luar kampus membolehkan saya memasak makanan sendiri,” jelas Komathi.

Selain itu, jarak antara pasar mini dan pusat membeli belah lebih dekat berbanding tinggal di dalam kampus turut memberi kemudahan kepada Komathi untuk membeli makanan dan keperluan lain.

Dalam masa yang sama Komathi memberitahu tinggal di luar kampus membolehkan beliau berinteraksi dengan penduduk tempatan dan juga kawan-kawan yang lain dengan mudah.

Selain itu, melalui pemerhatian, kehidupan luar kampus juga memberi peluang kepada pelajar untuk merasai keselesaan dan belajar untuk hidup berdikari. Mereka mempunyai rumah sendiri serta tidak dibelenggu oleh sebarang peraturan seperti yang ditetapkan di setiap kolej.

Menurut Dayang Suhana Ali Azhar pelajar FSSK, tinggal di luar kampus dapat mengurangkan beban kerja berbanding dalam kampus. Di luar kampus, terdapat mesin basuh layan diri yang boleh digunakan untuk mencuci pakaian berbanding di kampus yang perlu menggunakan tenaga sendiri untuk mencuci pakaian setiap minggu. Dalam masa yang sama, tinggal di luar kampus membolehkan pelajar bekerja sambil untuk perbelanjaan sendiri dan membayar yuran semester.

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E-sukan pupuk kemahiran atur strategi



POPULAR... Permainan atas talian yang semakin popular dan menjadi trend dalam kalangan masyarakat terutama pelajar universiti iaitu *Player Unknown's Battlegrounds (PUBG)*.

Oleh Zulhilmi Bolhasan

E-sukan merupakan permainan yang mendapat sambutan dalam kalangan pelajar Universiti Malaysia Sarawak (UNIMAS). Sukan ini dilakukan secara atas talian melalui telefon atau komputer. Majoriti pelajar memiliki telefon pintar dan komputer peribadi oleh itu mereka banyak dipengaruhi dengan permainan sukan atas talian.

Fenomena ini menjadi semakin serius dengan kehadiran permainan atas talian seperti *Mobile Legend (ML)*, *Player Unknown's Battlegrounds (PUBG)* dan *Rules of Survival (ROS)* kerana berjaya menarik minat pelajar untuk memuat turun permainan video tersebut di dalam telefon pintar. Sesetengah pelajar lebih cenderung untuk bermain permainan di dalam telefon pintar kerana ia sangat ringan dan mudah di bawa ke mana sahaja berbanding komputer peribadi.

Pada mulanya, sukan ini mendapat pandangan negatif kerana banyak membuang masa lebih-lebih lagi dalam kalangan pelajar. Bertambah parah lagi, apabila pelajar terlalu leka dengan permainan sehingga mengabaikan tanggungjawab sebagai seorang pelajar. Buktinya, mereka akan mula malas dan suka menan-

guhan kerja ataupun tugas yang telah diberikan. Lebih menyedihkan apabila ada pelajar yang sanggup bersenggang mata untuk bermain permainan ini berbanding mengulangkaji pelajaran. Disebabkan kerap berjaga hingga lewat malam, mereka sukar untuk bangun di awal pagi, apabila hendak pergi ke kelas kerana mengantuk dan menjadi tidak bersemangat dan tidak dapat menumpukan sepenuhnya perhatian sepanjang sesi pembelajaran di dalam kelas. Walau bagaimanapun, sekiranya pelajar dapat membahagikan masa dengan bijak ia bukanlah suatu penghalang kepada pelajar untuk bermain permainan atas talian.

Tujuan pelajar menonton video yang berkaitan E-sukan adalah untuk mengaplikasi dan meningkatkan kemahiran mereka dalam permainan atas talian yang bakal diadakan di UNIMAS. Hal ini kerana, kerajaan akan mengiktiraf permainan ini sebagai medium permainan atas talian secara sah dan mempunyai kredibiliti yang tinggi. Oleh itu, terdapat pelbagai permainan E-sukan yang bakal dianjurkan di setiap institusi pendidikan tinggi.

Menurut salah seorang pelajar UNIMAS Mohamad 'Izzat Amir Abd Jabar, 21, permainan sukan atas talian mampu meningkatkan kemahiran da-

lam menyusun strategi yang cekap dan teratur, secara tidak langsung mendorong pelajar berfikir secara kritis dan kreatif.

"Bukan itu sahaja, permainan atas talian ini juga mengajar kita untuk lebih sabar dalam membuat sebarang keputusan dan berfikir secara rasional. Permainan ini juga menawarkan pulangan ganjaran yang lumayan sehinggakan mampu menandingi sukan fizikal yang lain," ujarnya lagi.

Menurut Mohamad 'Izzat, E-sukan juga dapat merapatkan hubungan dengan negara Asia seperti Singapura, Indonesia, Thailand dan Brunei kerana pemain Malaysia dapat mengenali pemain lain daripada negara luar.

"Kita juga dapat berkongsi pendapat dan bertukar pandangan antara satu sama lain. Hal ini jelas menunjukkan bahawa permainan seperti ini bukan seperti apa yang difikirkan oleh mentaliti netizen yang menganggap E-sukan hanya aktiviti membuang masa dan sia-sia sahaja," tambahnya lagi.

Pendapat ini disokong oleh Goh Kai Ying 22, Juara Confest E-Sports Confest 2018. Beliau mengakui bahawa permainan atas talian ini banyak mengajarnya untuk bekerja secara berpasukan.

Gooh menjelaskan dalam permaiana E-sports, komunikasi dengan rakan sepasukan adalah penting terutamanya mengenai perancangan penyusunan strategi.

"Dengan merangkul gelaran juara, saya merasakan masa yang telah diluangkan selama dua hingga enam jam untuk bermain permainan ini berbaloi. Saya berasa teruja dan berterima kasih dengan rakan pasukan yang lain kerana tanpa mereka kami tidak akan berjaya merangkul gelaran juara," jelasnya.

Seperti acara sukan yang lain, cabaran dalam E-sports ini adalah untuk mempelajari dan menyusun strategi baru kerana

setiap sesi perlawanan adalah berbeza. Sebagai ketua kumpulan, Goh perlu memberikan arahan dengan teliti kepada rakan pasukan supaya lebih berhati-hati dan sentiasa mengatur strategi yang baru untuk menga-

lahkan musuh.

"Bermain E-Sukan adalah hobi sahaja kerana saya lebih mengutamakan tanggungjawab sebagai seorang pelajar. Oleh itu, saya perlu bijak membahagikan masa untuk bermain per-



WAJAH JUARA... Tesslerah keterujaan wajah juara *Confest E-Sports Tournament 2018*. Barisan hadapan Yong Chong Meng (baju hitam), Louis (baju putih) barisan belakang Khairul Mizan, Hui Chen Hao, Lim Beng Tiong, Goh Kai Ying (dari kiri ke kanan).



BERBALOI... Nikmat dan kepuasan menghilangkan ketagihan bermain permainan atas talian DotA berbaloi apabila mereka sepasukan menjadi Juara Confest 2018.



BIAR NAKAL ASAL BERAKAL... Jelas di wajah Mohamad 'Izzat Amir Jabar setelah selesai sesi temuramah mengenai E-Sukan.



FOKUS... Bermain Goh Kai Ying (kanan) memberikan fokus ketika bermain *Defense of the Ancients (DotA)* dengan kawan-kawannya di *Gizmo Arena, Kuching*.

Hari Sukan Negara peringkat negeri Sarawak meriah

Oleh Muhd Auza'ie Azim

KOTA SAMARAHAN:

Meskipun hujan lebat, sambutan Hari Sukan Negara 2018 peringkat Negeri Sarawak tetap meriah, dengan kira-kira 100 lebih pengunjung dan peserta mula membanjiri perkarangan Summer Mall seawal jam 8 pagi baru-baru ini.

Acara ini dirasmikan oleh Pengarah Jabatan Belia dan Sukan Sarawak, Mohd Nizam Ismail yang lengkap berpakaian sukan.

"Alhamdulillah, sambutan tahun ini sangat meriah, kira-kira 40 ribu peserta telah menyertai aktiviti peringkat



MAJLIS PENUTUPAN HARI SUKAN NEGARA... Para peserta tidak melepaskan peluang bergambar bersama Mohd Nizam Ismail (tengah).

negeri, manakala 40 ribu peserta lagi telah mengikuti aktiviti peringkat bahagian, dengan lebih 177 acara diperkenalkan," ka-

tanya.

"Saya berharap Hari Sukan ini menjadi batu loncatan kepada semua, supaya kita dapat

melahirkan rakyat yang sihat sekaligus menjadi warga yang gemar bersukan," ujarnya.

Acara rasmi bermula den-

gan gimik menarik daripada ahli bomba, yang membuat terjunan dari tingkat tiga, dan diteruskan dengan senamrobik "Aerobathon".

Acara dimeriahkan lagi dengan kehadiran dua legenda sukan negeri Sarawak, peninju Sapok Biki dan ahli bina badan, Buda Anchah.

Antara aktiviti lain yang mencuri perhatian ialah gusti lengan, angkat berat, E-sukan, papan seluncur, dan koleksi-koleksi ayam serama.

Persembahan menarik Seni Pertahanan Diri daripada unit askar merupakan acara penutupan yang melabuhkan tirainya kira-kira jam 5 petang.

Pelajar Pra-U pamer semangat kesukanan

Oleh Mohammad Zulhilmi Bolhasan

UNIMAS: Pelajar Pra-Universiti telah mengadakan "Outdoor Sport" Sukan Pra-Universiti (SUPRA) siri ke-2 pada 22 September 2018 di Pusat Sukan Unimas.

Seramai 400 orang pelajar lelaki dan perempuan Asasi UNIMAS terlibat dalam acara sukan pada kali ini.

Objektif program ini adalah

untuk menggalakkan para pelajar melibatkan diri dalam bidang sukan selain daripada aktif dalam bidang akademik.

Program ini juga bertujuan untuk memberi peluang kepada pelajar mengisi markah kokurikulum bagi memudahkan urusan sekiranya ingin melanjutkan pengajian di peringkat Ijazah.

Aktiviti yang dijalankan dapat mengeratkan hubungan antara pelajar program sains dan pelajar program lain untuk

saling mengenali dan memupuk semangat kesukanan dalam kalangan mereka.

Bola tampar, bola keranjang dan bola jaring merupakan antara sukan yang dipertandingkan sepanjang program ini.

Walaupun keadaan cuaca sangat panas namun aktiviti yang dirancang berjalan dengan lancar.

Bilangan ahli jawatankuasa yang sedikit merupakan cabaran bagi menjayakan program ini.



LINCAH... Aksi lincah yang ditunjukkan oleh pemain bola tampar ketika membalas serangan daripada pihak lawan. Kredit foto: Melanie Elma

Penyertaan luar biasa Campus Fun Run



LUAR BIASA... Seramai 606 peserta melibatkan diri dalam Campus Fun Run menimbulkan keharmonian apabila peserta bergambar dengan percikan warna yang pelbagai.

Oleh Eddy Fevdy Andipap

UNIMAS: Seramai 606 peserta melibatkan diri dalam Campus Fun Run yang diadakan buat julung kali bersempena dengan Hari Sukan Negara 2018 di Universiti Malaysia Sarawak (UNIMAS) baru-baru ini.

Menurut pengarah program

Siti Husmiyatie Akbar dari Fakulti Kejuruteraan (FK), 532 orang peserta adalah dalam kalangan pelajar UNIMAS dan 74 orang peserta luar.

"Pada mulanya kami menasaskan 300 orang dan amat gembira dengan sambutan di luar jangkaan daripada peserta," katanya.

Menurut Siti Husmiyat objektif program adalah untuk menggalakkan peserta menjalankan aktiviti sukan untuk kesihatan fizikal dan mental sempena Hari Sukan Negara 2018.

Beliau berharap program Campus Fun Run terus mendapat sambutan yang luar biasa pada masa akan datang.



ZUMBA... Acara zumba dimulakan untuk memanaskan badan para peserta sebelum acara badminton dan futsal mula dipertandingkan dalam sukan SUPRA. Kredit foto: Mohd Fikri.

Gandingan mantap JK SUPRA

Oleh Zulhilmi Bolhasan

UNIMAS: Gandingan mantap dan kesungguhan yang ditunjukkan oleh barisan ahli jawatankuasa Generic 4 iaitu Yellow Pika dalam menganjurkan Sukan Pra-Universiti (SUPRA) siri ke-3 yang diadakan pada 29 September 2018 harus diberi pujian.

Seramai 184 orang pelajar Asasi Universiti Malaysia Sarawak (UNIMAS) telah melibatkan diri dalam sukan ini.

Sukan badminton dan futsal merupakan antara acara yang dipertandingkan.

Tujuan utama program sukan ini diadakan adalah untuk memilih wakil dalam kalangan pelajar Asasi untuk pertandingan Sukan Pra-Universiti (SUPRA) di Universiti Malaysia Kelantan (UMK) pada Januari 2019.

Pengarah program Amirul Hakim Sa Ahmad Mansor, 18, berkata beliau yakin dan percaya bahawa banyak bakat terpendam dalam kalangan pelajar yang harus digilap membuatnya terpanggil untuk menganjurkan sukan ini supaya pelajar tidak mensia-siakan peluang dan bakat yang mereka ada.

UNIMAS tuan rumah SUKIPT 2018

Oleh Nalina Suria Ravi

UNIMAS: Ahli sukan yang hebat ialah seorang yang bijak membahagikan masa, mempunyai nilai disiplin yang tinggi dan menjalani latihan secara sistematis dan efektif.

“Dengan adanya latihan yang efektif dapat memberi jaminan untuk memperoleh kejayaan,” kata Timbalan Naib Canselor Hal Ehwal Pelajar & Alumni (HEPA) Prof Datu Mohd Fadzil Abdul Rahman ketika merasmikan Kejohanan Sukan Institusi Pengajian Tinggi (IPT) Sarawak (SUKIPT) 2018 baru-baru ini.

“Ini adalah kali pertama UNIMAS menjadi tuan rumah untuk SUKIPT dan kami sangat berbangga kerana diberi kepercayaan untuk menjadi tuan rumah pada kejohanan kali ini,” kata Datu Fadzil.

Penganjuran SUKIPT ber-



PALUAN RASMI... Prof Datu Mohd Fadzil merasmikan pembukaan SUKIPT 2018 dengan paluan gendang. Kredit foto: Hardy Suntol

tujuan untuk mencungkil bakat-bakat baharu yang terpendam dalam kalangan generasi muda untuk menjadi atlet kebanggaan negeri Sarawak dan juga Malay-

sia.

Dalam masa yang sama, SUKIPT juga bermatlamat untuk menjalinkan hubungan yang baik antara institusi pengajian

tinggi di Sarawak.

“Jersi yang dipakai oleh anda sekarang melambangkan tanggungjawab besar yang harus digalas kerana anda membawa

harapan besar kepada institusi,” tegas Datu Fadzil.

“Meskipun kalah kita harus bersikap positif, biar kalah pertandingan, jangan kalah adat dan adat, kerana boleh mencemar maruah institusi,” tambahnya lagi.

Beliau turut memberi nasihat kepada peserta SUKIPT untuk mengekalkan sikap orang timur dengan menghormati kekalahan dan meraikan kemenangan dengan semangat yang tinggi.

“Ini adalah kali pertama UNIMAS menjadi tuan rumah untuk SUKIPT dan kami sangat berbangga untuk menjadi tuan rumah pada kejohanan kali ini.”

-Datu Fadzil

UNIMAS juara ping pong SUKIPT 2018

Oleh Nalina Suria Ravi

UNIMAS: Teo Cher Xuan merupakan antara 10 pemain terbaik ping pong di Malaysia membuktikan kehebatannya dengan meraih johan sukan ping-pong SUKIPT IPT Sarawak yang diadakan di Komplek Sukan Unimas pada 20 Oktober 2018.

Teo, 21, merupakan pemain terbaik yang paling menonjol dalam SUKIPT IPT Sarawak dengan mengalahkan UITM pada peringkat akhir. Beliau memenangi tiga set daripada lima set permainan. Manakala, pemain UITM hanya menang satu set daripada lima set.

Melalui bakat dan pengala-

man yang ada, Teo mempamerkan aksi bermain ping pong dengan baik sekali. Kepekaan untuk memerhati arah bola ping pong dan membalas serangan harus dipuji.

Ujarnya, bukan mudah untuk mengalahkan pemain dari UITM kerana dia juga menunjukkan aksi yang baik sepanjang perlawanan. Namun, kesungguhan dan semangat kesukanan yang tinggi membolehkan beliau mendapat gelaran juara.

Teo mengucapkan ribuan terima kasih kepada jurulatih diatas tunjuk ajar dan kepada kawan-kawan yang telah banyak menyokong sehingga mampu sampai ke tahap ini.



PENUH KONSENTRASI... Kepekaan Teo Cher Xuan (kanan) meneliti arah bola ping pong sehingga mampu menewaskan pihak lawan dan menjadi juara sukan ping pong SUKIPT 2018.

Badan sihat, otak cergas



GAYA HIDUP SIHAT... Mahasiswa dan mahasiswi bersama dengan felo Kolej Cempaka (bawah kiri) bersenam di Dataran Cempaka.

Oleh Seow Jia Leng

UNIMAS: Kolej Cempaka menganjurkan aktiviti senamrobik bertujuan untuk mempro-

mosikan gaya hidup sihat kepada mahasiswa dan mahasiswi pada 13 dan 14 Oktober 2018 di Dataran Cempaka.

Program yang bermula seawal jam 7 pagi dihadiri oleh 70

orang pelajar dari Kolej Cempaka dan juga pelajar dari kolej yang lain.

“Objektif utama aktiviti ini adalah untuk mempromosikan gaya hidup sihat kepada mahasiswa dan mahasiswi yang menghadapi tekanan dari segi akademik, projek-projek dan sebagainya,” kata ketua pengarah program Muhummad Zafri Zuhairi Radzi.

Aktiviti bermula dengan senaman yang diketuai oleh Ismail Zakira bersama dengan Ben Erisman Bernard dan Nicholas Tommy Kamarau selama 45minut.

“Letih tetapi amat menyeronokkan,” kata salah seorang mahasiswa pelajar Tahun Satu

yang turut serta dalam aktiviti senaman diikuti dengan aktiviti zumba yang diketuai oleh Ben dan Tommy bersama lima pelajar Tahun Satu.

“Aktiviti ini sangat bermanfaat sebab dapat senam diri dengan kawan-kawan serta dapat mengurangkan tekanan,” kata Siti Zulainah.



SERAGAM... Tarian senamrobik yang seragam oleh Nicholas Tommy Kamarau, Siti Zulainah, Ismail Zakira, dan Ben Erisman Bernard (dari kiri ke kanan) semasa mengendalikan sesi senamrobik di Kolej Cempaka.

UNIMAS Ultra 8 to 8 Runners' endurance put to test



GETTING READY... Runners are getting ready for the run at the starting point.

By Mohammad Zulhimi Bolhasan

UNIMAS: The endurance of 140 runners were put to the test when they participated in UNIMAS Ultra 8 to 8 on October 6 & 7, 2018 organised by the Faculty of Languages and Communication.

The runners were competing in two categories namely 15km and 30km that required runners to finish their run in 12 hours and 6 hours respectively.

The director of Ultra 8 to 8, Yahya Iskandar, 55, said Ultra marathon was previously known

as the Endurance Run.

He began his interest in running in 2012 by participating in 5km Spring Hot Marathon.

"I have always wanted to do this activity, but there is no suitable place to conduct it. The main area I chose was the State Library. However, there are only lanes for bicycles and it is not suitable for this activity," said Yahya.

He is planning to organise similar run in early October 2019 and hopes that there will be more participants will be joining including from Brunei and Singapore.

Improving swimming skill among members

By Sofian Jakaria

UNIMAS: Members of UNIMAS Swimming Club attended the club's open day on 17th October 2018.

They got the opportunity to improve their skills through the guidance of club's coach and president Lein En Yao at UNIMAS Sport Center.

Representing the Swim-

ming Club's Public Relations Committee, Fatin Faiza Mohd Faridul Atrash said the Members' Day was organised to give an opportunity for members to practice together aside from sharing knowledge regarding swimming skills.

"Among the skills that members are required to demonstrate are Freestyle Stroke, Butterfly Stroke, Breaststroke, Back-

stroke, Sidestroke and Elementary Backstroke," said Fatin.

The Swimming Club organised two classes namely Water Survival and Swimming Class to students and staffs of UNIMAS.

In the future, the club is planning to collaborate with *Kejohanan Sukan Mahasiswa*, (KESUMAS) to organise swimming competition for both swimming clubs member and outsiders.



HAVING FUN IN THE POOL... Members of swimming club enjoying their swim in the pool.

R.A MART



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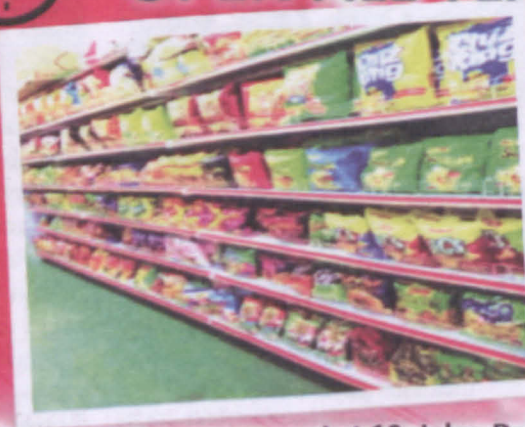


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